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SPRING 2014

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Summer Ice

Skate Year Round

One Backyard ||| Three Ways

Outdoor Inspiration

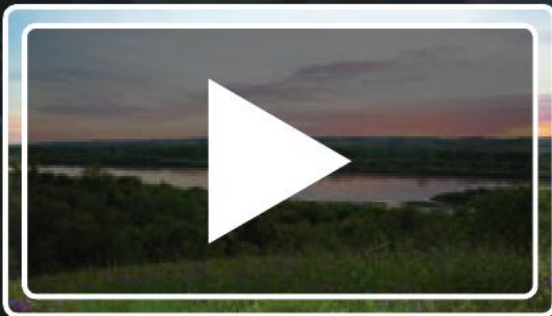
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Skate year round.



Photo: Heather Fritz

Cover: Pam Gillies dreamed of a rugged, low maintenance kitchen with class and sophistication. Voila! Story begins pg. 12. Photo: Appl Photo

HOME Front



Hat from Saskatoon's own
Sova Design Millinery.

Photo: Heather Fritz

A Nod to Spring

We began 2014 in the middle of a cold winter, but somehow it doesn't feel like the New Year until spring begins to unfurl itself. Every year about this time, I feel like I'm unfurling a little bit, too, as I shed layers of coats, boots, mitts and all other winter gear.

We like to make sure each issue of Saskatoon HOME is full of something new about our city and the people who call it home. We've been busy, and I think you'll like what we've put together for this one. Here are a few highlights:

Pam Gillies' work-of-art kitchen grew from a wish for a low maintenance kitchen that was rugged and durable, while being classy and sophisticated. Personally I think she nailed it and hope you enjoy the tour!

In 1956, Edna Bates put down one dollar with a fleeting hope of winning a home lottery. Win she did; decades later, Edna's Spadina Crescent dream home is Art and Pat Randall's dream come true.

Radiant Orchid (doesn't that just ooze exotic and sultry?) is the Pantone Colour of the Year. It "encourages us to be creative and innovative," says Leatrice (Lee) Eiseman, Executive Director, Pantone Color Institute. The annual choice influences fashion, home and industrial design, product packaging and graphic design. Who knew colour carried such clout?

Renovate or build? For Andrew and Martha Lyon, falling in love with Saskatoon's historic Nutana left them little choice. After a major renovation, their home now has everything new they need and all the old character they adore.

Spring means go for gardening. Gather some ideas from committed gardeners who make good use of arable land, no matter how small the container.

Out on the Meewasin Valley Trail, all 60 kms of them, it's easy to forget we live in a fast growing city of nearly 250,000. Jeff O'Brien looks back on what it took to give us this treasure, and what's next in store.

Sad about hanging up those ice skates? Meet Jim Greenbank. You may find yourself chasing a puck or perfecting your double salchow in the middle of a Saskatoon summer.

As always, we hope you'll tell us what you think of our magazine. We welcome suggestions for future issues. Until next time, enjoy spring!

Happy reading!

AMANDA SOULODRE
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HOME

SASKATOON

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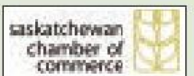
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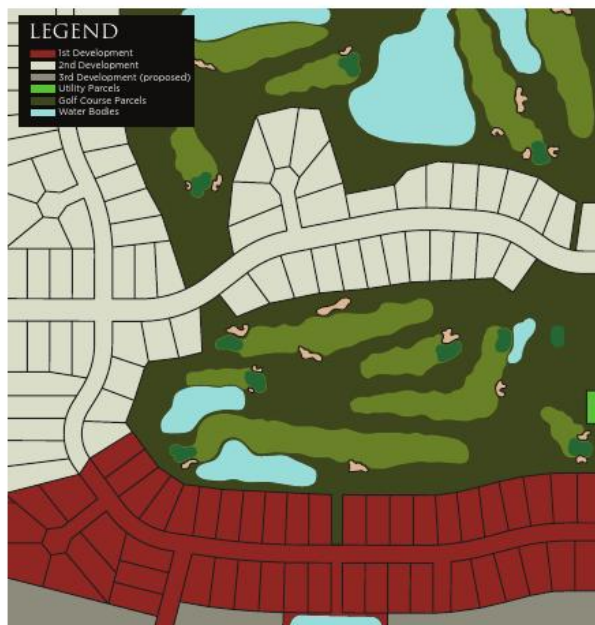


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Thank You To Our Spring Issue Reader Panel



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Andrew Turnbull
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Kevin Bergeron
President & Owner, MiEnergy



R. Judith Vaska
Teacher & Caterer Indian Cuisine



Suzanne Johnston
*Marketing Communications Advisor,
Saskatchewan Research Council*



Shauna Bradford-Wilson
*(circa 1975) Executive Director, PotashCorp
International Children's Festival of Saskatchewan*

INTERESTING STORIES, SELECTED BY INTERESTING PEOPLE

Saskatoon HOME is proud to present our Spring 2014 Reader Panel—people from Saskatoon who helped us select the stories for this issue.

We are dedicated to Saskatoon content. There are lots of great things to write about—but which subjects will most interest our readers? To help us make that decision, we first create a list of possible story ideas. We give them to our

reader panel for their individual feedback and ranking, then compile the results to determine our final story list.

You don't need any special skills to be on our panel, and the time required is minimal. The only qualification is your sincere opinion as a reader. Your single task will be to look at the story suggestions and rank them in order of your preference. 

If you would like more information on being on a future reader panel, email info@saskatoon-home.ca with the subject line 'Reader Panel'.

We look forward to your interest – and your opinion!

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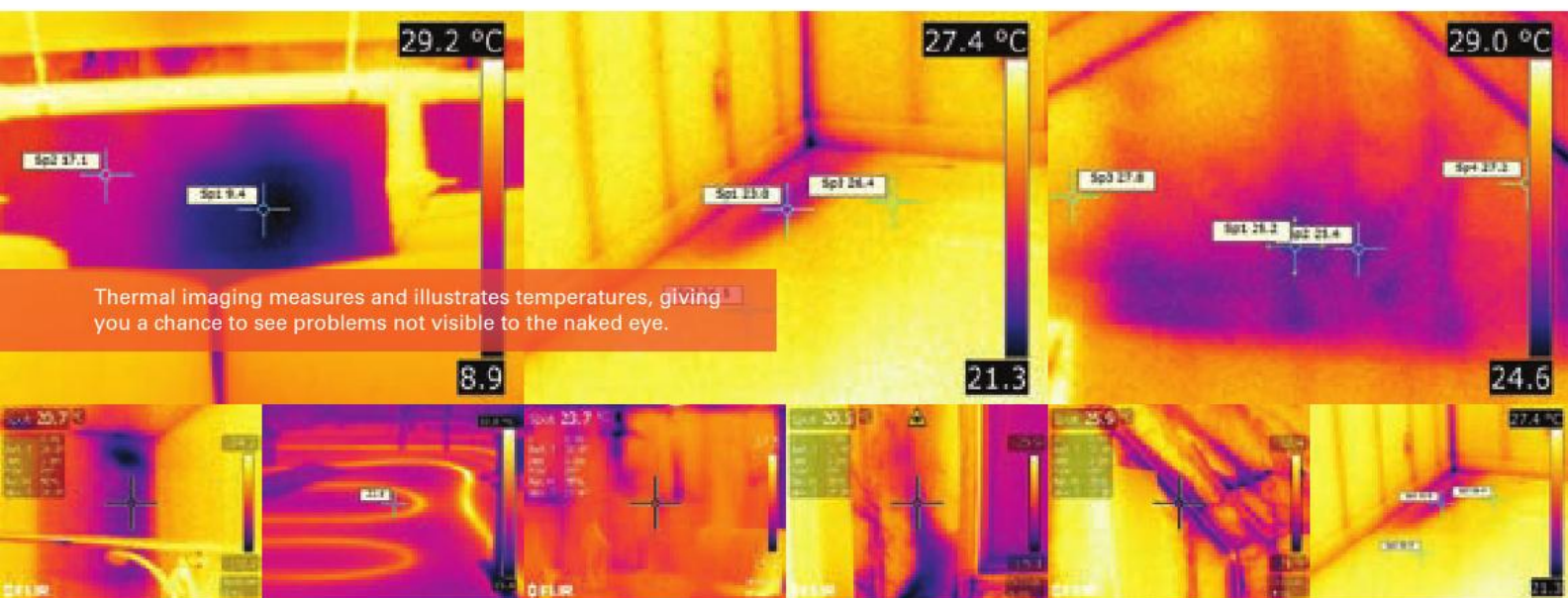
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SPRING THAW

Seeking Heat to Solve Cold Weather Problems



ASHLEIGH MATTERN



HEAT SEEKER THERMAL IMAGING

Last year during the spring thaw, huge icicles up to 10 metres tall appeared all over Saskatoon, drawing international attention to our beleaguered winter city. Some intrepid Twitter user even created an account for one of the icicles (@gianticicle).

The icicles that form on homes and apartments every spring are no joke, though. They're formed by ice damming when heat rises from the house into the attic, melting the snow on the roof. When that snow melt runs into the cold gutter, it can create ice under the shingles and inside the house. Never a good thing.

Ice damming was especially problematic last year thanks to cold weather, lots of snow, and a warming and freezing pattern, says Cliff Gerow, owner of Heat Seeker Thermal Imaging.

Sufficient insulation in the attic is the best protection against damming. An attic is supposed to be the same temperature as it is outside so the snow on the roof doesn't melt—but if there is a problem already, thermal imaging can help pin point where that problem is.

"Thermal imaging can show you where you've got any water damage already, or where you've got your hot or cold zones converging," said Cliff.

Seepage in basements is another common problem during the spring thaw. Gerow's top tip to avoid seepage is to shovel or blow snow away from the side of the house to aid in proper drainage.

If shoveling doesn't do the trick you need to be able to diagnose where the moisture might be intruding. Thermal imaging is one way to analyze this problem. Is it coming from half way up the wall, or where the cement floor meets the footing of the house?

Thermal imaging is a non-intrusive test that can determine how much of the area is involved, and helps guide what does and does not need to be

fixed. With the thermal images in hand, homeowners can direct their chosen contractor to the source of the problem.

"What we give the home owner is a very detailed idea of where the problem is. Then they can go to the qualified contractor, and they can look at the image without tearing it all down."

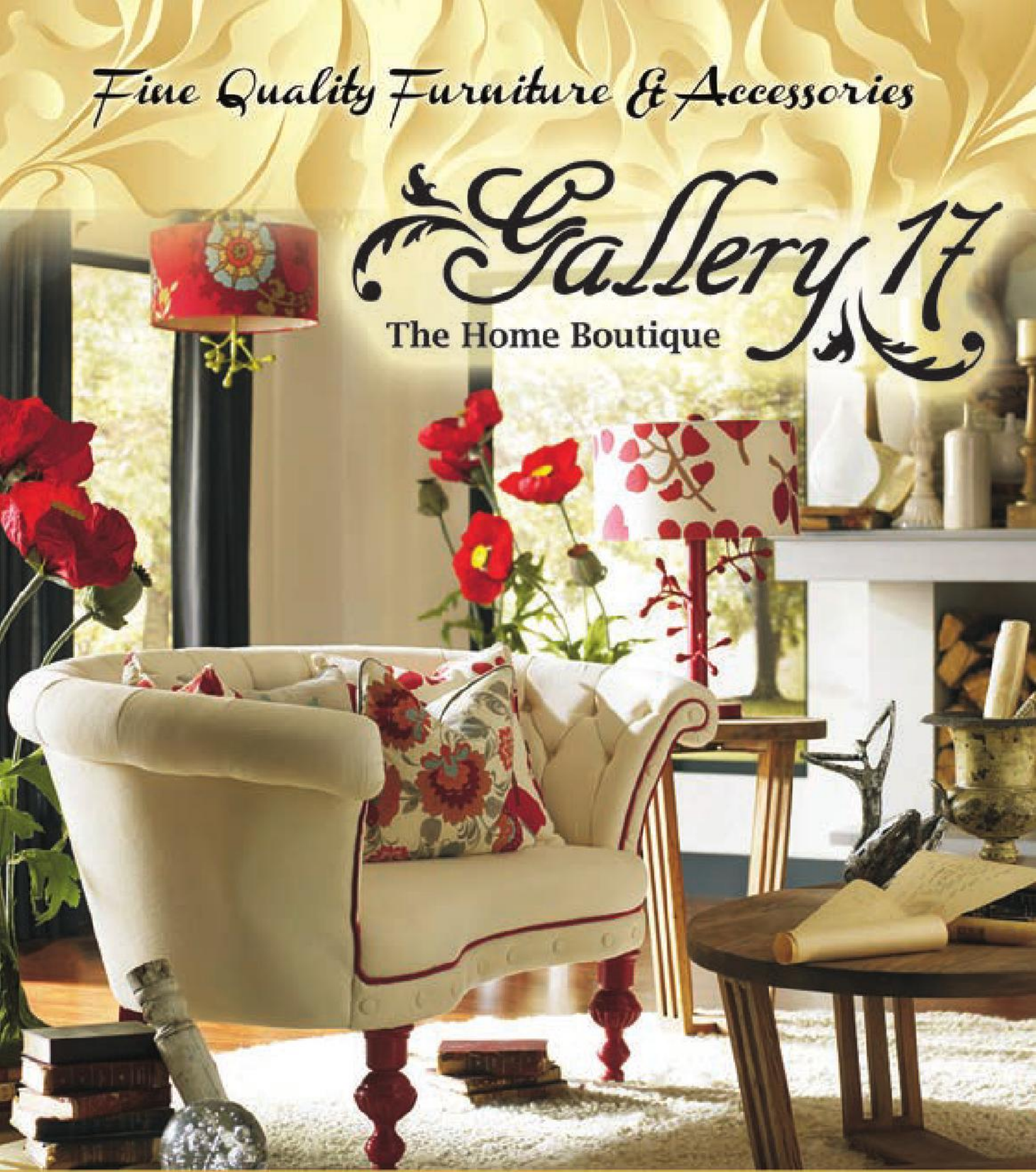
The process can save time, resources, and money, for both homeowner and the contractor. Plus, the result is neat thermal images of your home. 

Ashleigh Mattern

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CURVY KITCHEN

A Kitchen Worth Coming Home To



Pam Gillies's kitchen is a work of art. Renovating and designing the space was a creative outlet for her, and every corner has an element of her artistic vision.

Pam and her husband Paul Murphy have five boys—four teenagers and a 20-year-old who lives away from home—so she wanted something rugged, durable, and easy to maintain.

"I needed it to be a kitchen

that was very practical, that clean-up was easy, and keeping on top of it was easy," she said. "Low, low maintenance because we both work full time; we've got very busy lives with the kids and everything."

In adapting to the versatility of their lives, Pam envisioned a kitchen that had class and sophistication, while also underscoring the warm and cozy feeling of home. "Like

they say about *Cheers*...the place where everyone knows your name."

Pam worked with Appl Custom and their amazing team of individuals to make the kitchen a reality. Including Tenille Burlack (design consultant with Appl Custom), and Bob Miller (part owner and builder/contractor on this project) who are like-minded in their attention to detail and

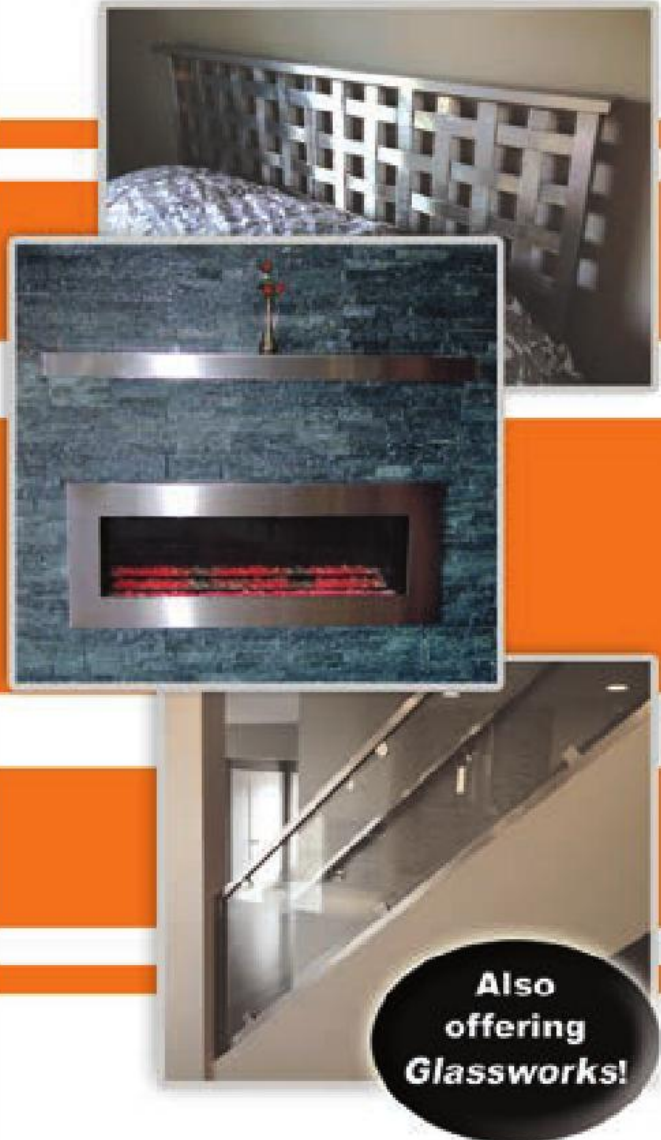
creative thinking. She jokes, "Bob's comfort zone lies in thinking outside the box!"

Tenille worked closely with Pam to make her dreams a reality. "Pam had a very definite vision of what she wanted," said Tenille.

As with much artistic expression, though, sometimes Gillies's vision didn't mesh with reality. In particular, she had to fight for her island. She



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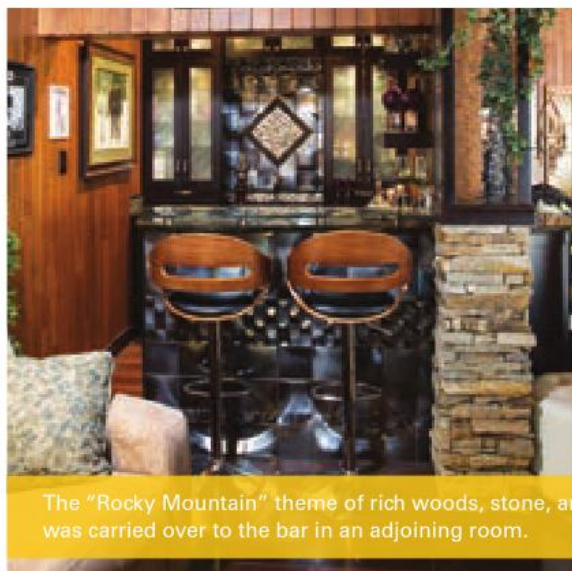
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wanted a place in the heart of the kitchen that gave her easy access to many different work spaces, and allowed her to entertain or visit while cooking. But Tenille battled with the logistics of creating a U-shaped island in the middle of the kitchen.

With combined creative thinking and ingenuity however, in the end they made it work and created a truly unique

focal point for the kitchen. Rock, granite, and glass seem to spring naturally from the curves of the island, and every inch has useable storage.

Bringing together all of the different finishes into one elegant design was also a challenge, but ultimately the disparate materials work together to give the kitchen the "Rocky Mountain feel" Pam was aiming for. ➤



The "Rocky Mountain" theme of rich woods, stone, and glass was carried over to the bar in an adjoining room.



Tenille says solving these challenges and working with Pam ended up being a gratifying experience. They both admit that their friendly sparring lead to some exceptionally creative solutions, not to mention adding some amusement to the project

while creating a masterpiece together.

The attention to detail in the kitchen is astounding. The textured glass of the island's pillars is echoed in the cabinetry and artwork above the staircase; the curve of the island is reflected in the custom bulkhead

above; and the whole kitchen sparkles from the lighting and the gold veins in the exotic granite counter tops.

"I realized more and more as I walked through the project how much I began to love the sparkle. It softens everything with a nice, warm

glow," said Pam. "With the diversity of lighting, at different times of the day, we're able to capture the change in the vibe or ambiance in the kitchen."

The various lighting arrangements also help her to create a mood to match any occasion, whether their family is ➤

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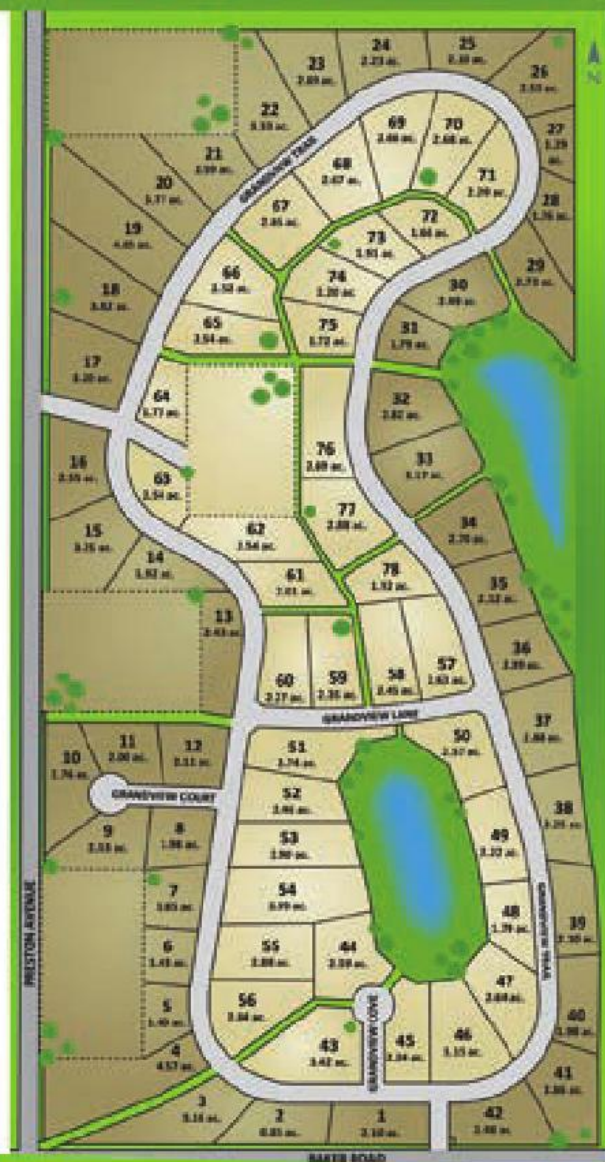
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just hanging out, or they're hosting a party. The open space of this multi-purpose room—with its two refrigerators hidden behind cabinetry and a cozy fire and couch in the corner—lends itself well to both relaxing and hosting.

The renovation was years in the making, an evolving brain-child, inspired by ideas picked up along the way at many favorite family vacation spots. But one thing Pam secretly vowed was that her future dream kitchen would be anchored by a hearth-style stone facade over the stove, an idea that was born long ago. Over time Pam's vision changed, and she ended up with a much different kitchen than she would have designed when her children were younger.

"I love the way it turned out, it's just perfect." As Pam and Paul are almost at the stage of launching their kids, they wanted to create "a kitchen worth coming home to." 

Ashleigh Mattern



Every corner of the room highlights the extreme attention to detail.



Additional
photos found at
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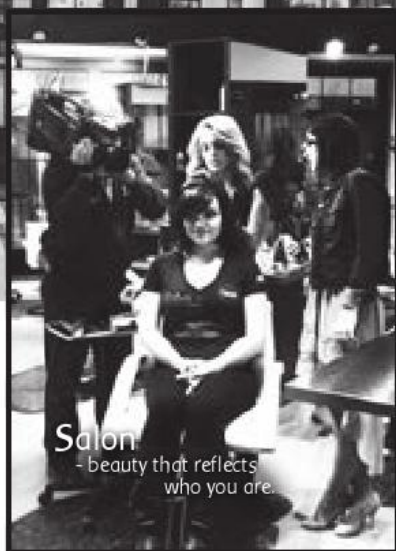
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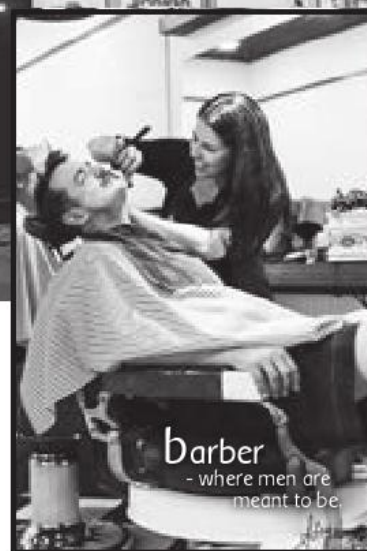
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ONE BACKYARD ||| THREE WAYS



A backyard—whether a pile of dirt behind a newly built home, or an overgrown space resembling a jungle—is a place waiting for imagination to fill it with the beauty of nature; where you can fulfill your dreams and to enjoy the summer months.

Janet Wanner of Gentle Earth Design Studios has specialized in residential landscape design for 22 years in Saskatoon, and when she looks at any backyard she can visualize its potential.

Imagine a standard sized backyard in Saskatoon, square in shape. Janet was handed a challenge by Saskatoon HOME magazine to show how three distinct styles can be realized within the same space allocation.

The three styles are: the Formal European garden, the Postmodern garden, and the Japanese style garden.

Part of the challenge presented to Janet was to have her use most of the same plants in all three gardens, which are low maintenance, hardy to Saskatoon's climate, and have three to four season colour.

Formal European

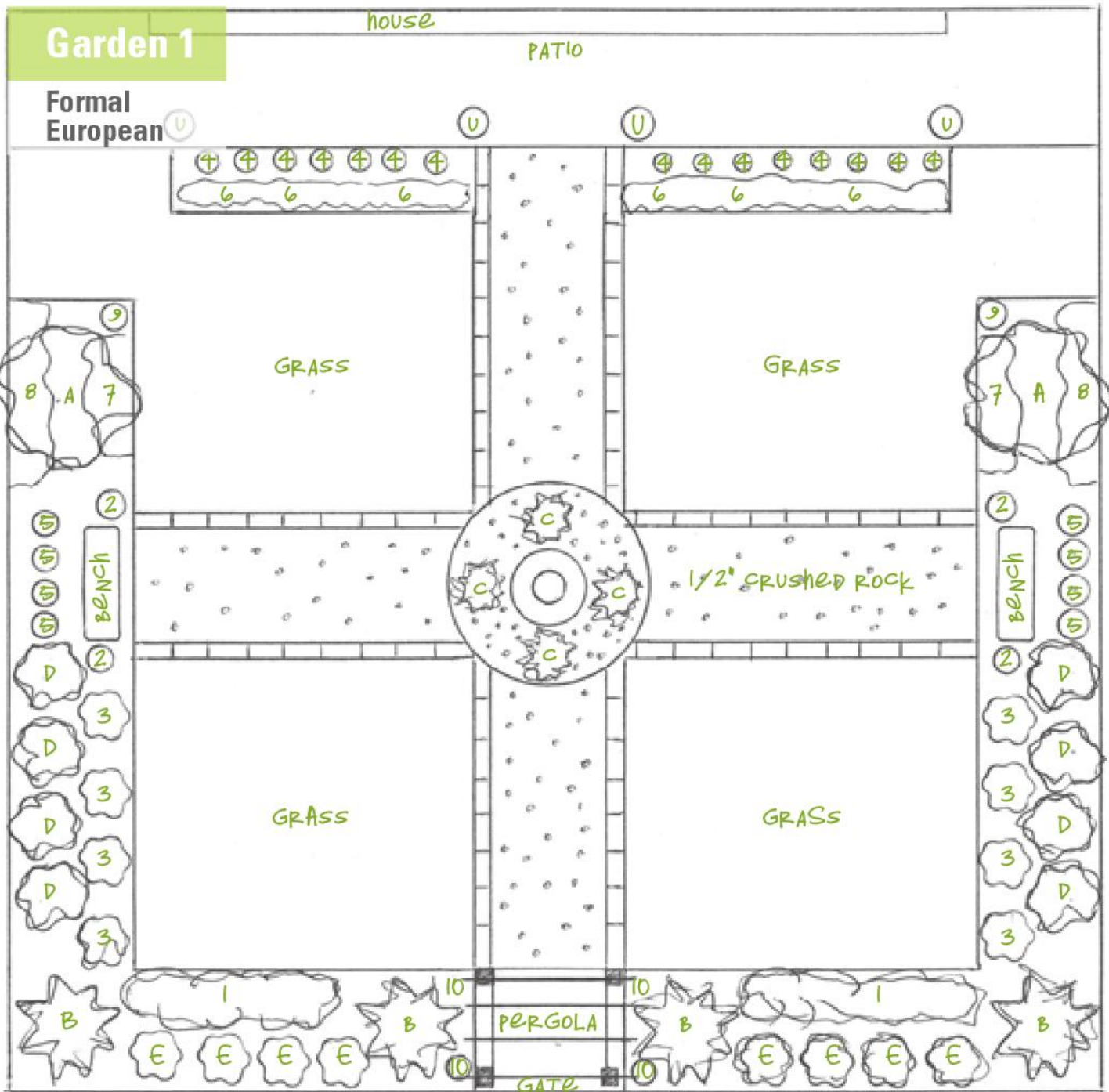
The formal garden is deceptively simple; a cruciform walkway leading in four directions to different parts of the garden. From the house and deck, there is a vantage point that looks over the entire garden, but your eye stops in the middle at the circular bed to appreciate the art. To each side, the crushed walkway has you wanting to sit "in" the garden on a bench, so that you can relax and appreciate its formal beauty. The flowers in this garden are all blues/purples and whites, so that the space is very calming. The flowers appear in the spring with the blooming of the 'Spring Snow' crab and continue to the late summer and fall with hydrangea and daylily.

Postmodern

The Postmodern garden is an exercise in geometry. Its angles and circular patio intersect to create relaxing spaces in and among the plants. The pond's straight sided good looks divide and unify the deck and circular patio with a steel mesh bridge. The defining characteristics of this garden style are its use of a variety of hardscape materials, from the stained wood deck to the steel bridge and concrete patio surrounded by a low stucco wall painted a dusky orange. Sculpture in the garden's plant areas can only add to this style.

Japanese

The Japanese style garden is a garden meant for quiet meditation, open spaces and beautiful, well grown plants along with a small Toro (water basin) to ritually wash the dust from your hands. The Turtle Island has a pruned pine (for longevity) that stands strong year round, even with snow on its branches. Large boulders anchor your view to the ground and the lantern lights the way to the meditation deck. It can become a place for entertaining or a place to practice yoga. The Japanese garden is full of symbolism, but it seeks to bring you into nature.



Trees

- A. Crabapple, 'Spring Snow' (x2)
- B. Colorado Blue Spruce, Narrow Variety (x4)

Shrubs and Evergreens

- C. Cedar, 'Danica' or Hardy Roses (x4)
- D. Hydrangea, 'Annebelle' (x8)
- E. Spirea, 'Snowmound' (x8)

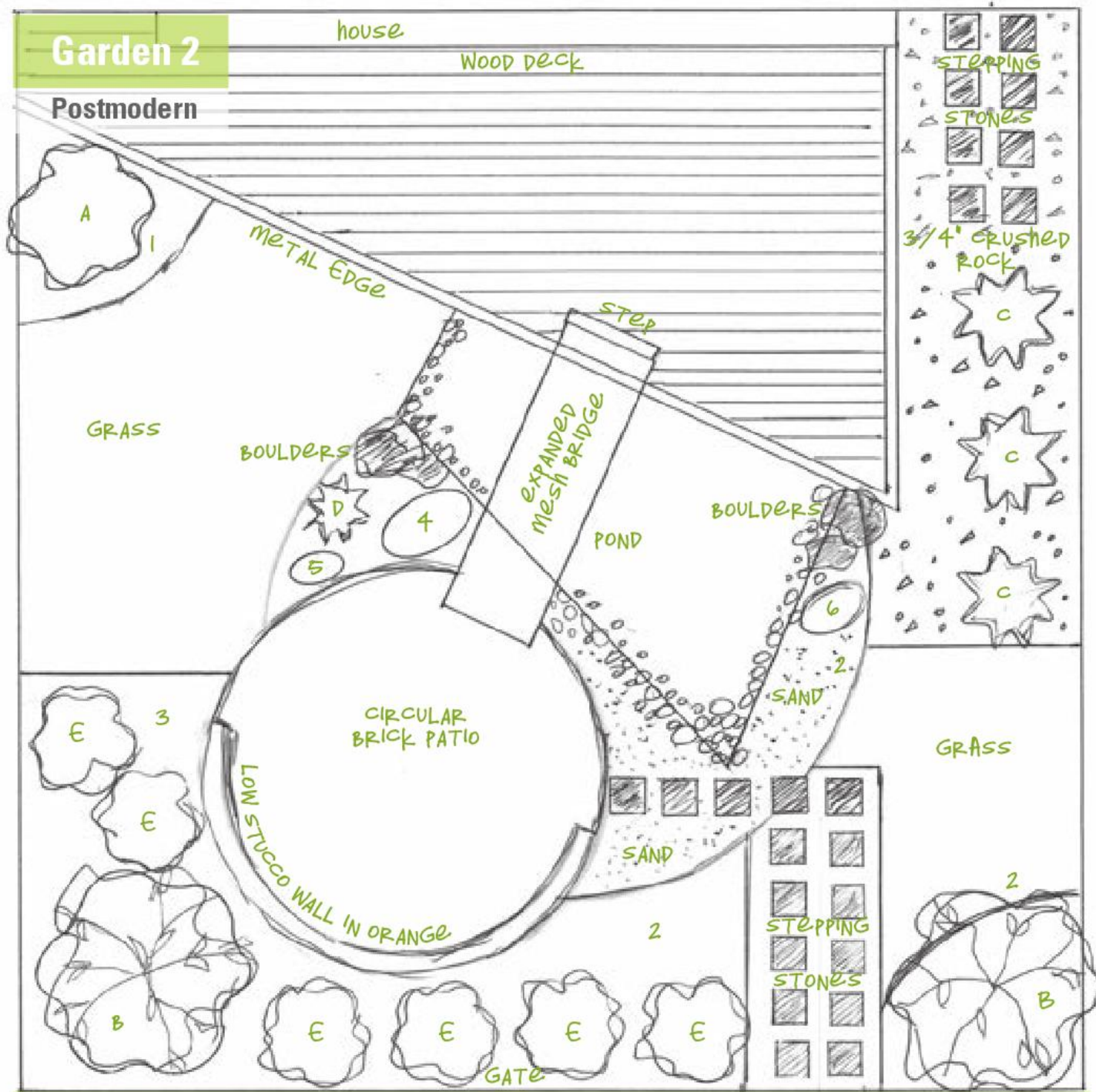
Perennials

- 1. Bluebells, 'Blue Clips' (x16)
- 2. Daylily, 'Good Shepherd' or 'Purple Stella' (x4)
- 3. Delphinium, 'Magic Fountains' (x8)
- 4. Fescue, 'Sheep's Blue' (x15)
- 5. Hostas, 'Francee' (x8)
- 6. Lamb's Ears (x16)
- 7. Lamium, 'White Nancy' (x12)

- 8. Northern Ferns (x16)
- 9. Siberian Iris, 'Caesar's Brother' (x2)

Annuals and Spring Bulbs

Globe Flowering Onion (allium) planted in with the Fescue
Alyssum in the circular garden
U. represents urns



Trees

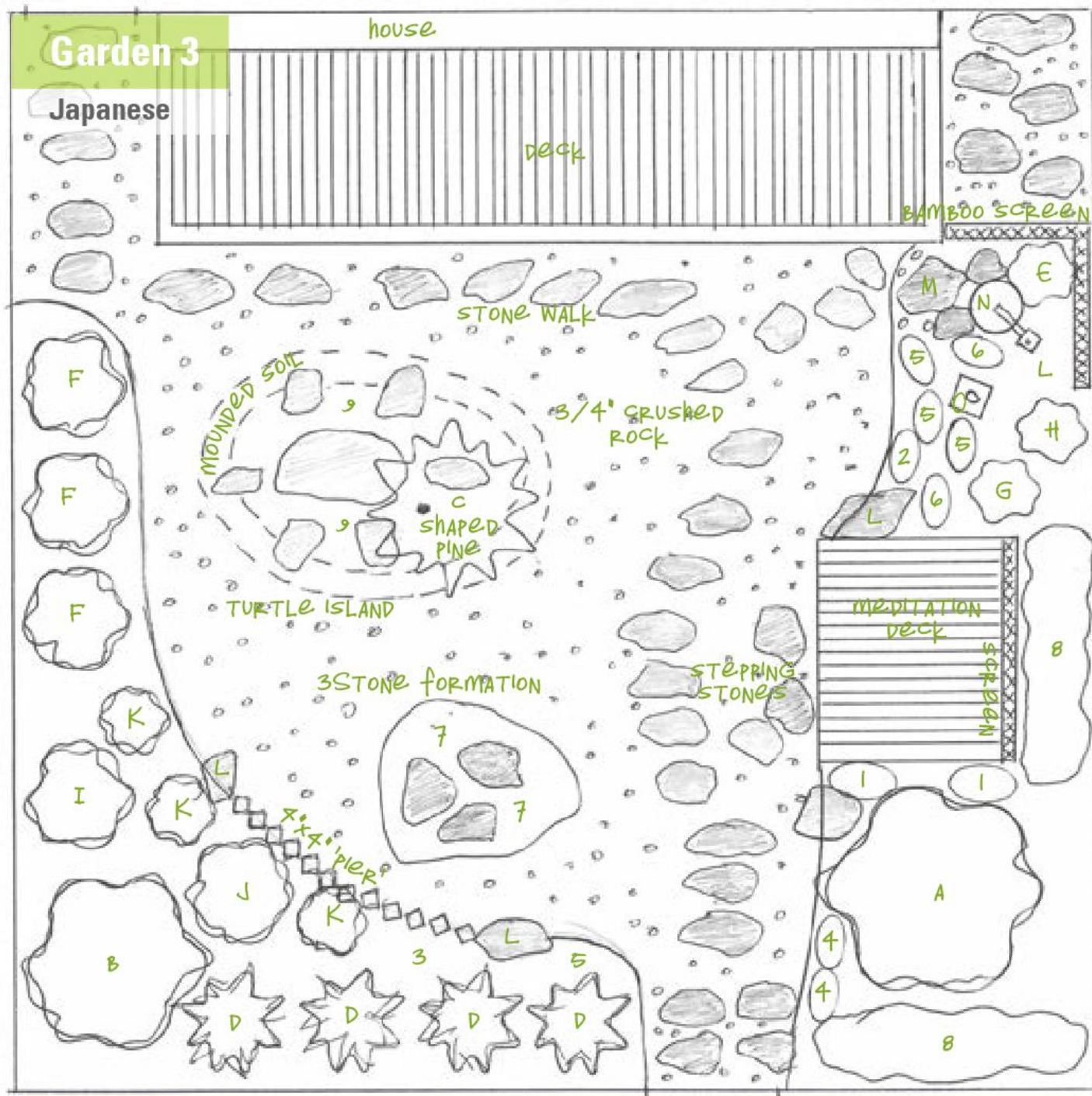
- A. Amur Maple (x1)
- B. Crabapple, 'Spring Snow' (x2)
- C. Spruce, 'Colorado Blue' narrow variety (x3)

Shrubs and Evergreens

- D. Cedar, 'Danica' (x1)
- E. Cranberry, 'Bailey's Compact', globe variety (x6)

Perennials

- 1. Daylily, assorted (x7)
- 2. Hostas, 'Sum and Substance' (x12)
- 3. Ligularia, 'The Rocket' (x3)
- 4. Calamagrotis, 'Karl Foerster' (x2)
- 5. Sedum, 'Autumn Joy' (x3)
- 6. Siberian Iris, 'Caesar's Brother' (x2)



Trees

- A. Crabapple 'Spring Snow' (x1)
- B. Maple, 'Amur' (x2)
- C. Pine 'Scotch', shaped (x1)
- D. Spruce, 'Colorado Blue' (x4)

Shrubs and Evergreens

- E. Azalea, 'Northern Lights, Lemon' (x1)
- F. Cranberry, 'Bailey's' (x3)

- G. Dogwood, 'Ivory Halo' (x1)
- H. Hydrangea, 'Annebelle' (x1)
- I. Lilac, 'Meyer's' (x1)
- J. Ninebark, 'Coppertina' (x1)
- K. Spirea, 'Magic Carpet' (x3)

Hardscape

- L. boulders
- M. kneeling stone
- N. water feature
- O. Toro (lantern)

Perennials

- 1. Bergenia (x4)
- 2. Bleeding Heart, Fringed Red (x2)
- 3. Coral Bells, Red (x2)
- 4. Daylily, Assorted (x2)
- 5. Hostas, Assorted (x4)
- 6. Iris Siberian, 'Caesar's Brother' (x2)
- 7. Irish Moss (x7)
- 8. Northern Ferns (x16)
- 9. Woolly Thyme (x10)

SIGNATURE PLANTS FOR EACH BACKYARD STYLE

Formal European



Colorado Blue Spruce Fastigiata (latin for narrow growth habit). It can grow 18 ft. tall with a beautiful blue colour summer and winter. They are the exclamation points in the garden.



Hydrangea 'Annebelle' are a classic formal garden flower with large round white balls in early August growing to 4 ft. They do need an acid soil to produce large flower heads.



Cedar 'Danica' are cute round evergreen balls that need very little pruning and replace boxwood in the formal garden. Their height is 2 ft. and work well as focal points in the formal garden.



Delphinium 'Magic Fountains' are short variety of the family that need very little staking and add magnificent towers of blue to the garden. Their height is about 4 ft.



Postmodern



Sedum 'Autumn Joy' is a large chunky fall bloomer that attracts bees and butterflies. It is a good contrast to grasses and can be left for winter accent. It grows about 2-2 1/2 ft. tall.



Calamagrostis 'Karl Foerster' is a tall perennial grass well suited to our climate. They grow in bunches and become the vertical accent to the modern landscape. Their seed heads wave in the breeze to give the garden movement even in the winter.



Ligularia 'The Rocket' is an impressive large leaf plant with mid-summer blooms; just the kind of plant to use in a Contemporary garden. Is a tall 5 ft. plant that works well with the angles of this garden next to the water.



Alliums are flowering bulbs that can be planted in the fall with tulips. They are very architectural in shape and are a striking spring bloomer. The shape is perfect for the contemporary garden; little spaceships of purple and are best mass planted.



Japanese



Siberian Iris is a quintessential plant in the Japanese garden. It blooms in the spring and acts as an accent by a bridge or behind a large boulder. It will grow 3 1/2 ft. tall and looks best with a hosta planted at its feet.



Sum and Substance Hosta is one of the large leaf varieties in lime green. It can grow 3 ft. tall and fill the background of a bed as a plant with presence.



Amur Maple is a small tree about 20ft. tall with red fall foliage. It takes pruning well and can be shaped to the windswept shapes prized in the Japanese garden. An excellent shade tree, great to perch a stone bench beneath.



Bailey's Cranberry is a globe shape shrub with beautiful red foliage in the fall, growing to 4-5 ft. tall. This is the perfect shrub to mass plant in the Japanese design, and needs little pruning.





DREAM HOME FOR A DOLLAR

On Spadina Crescent

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Edna Bates thought so too, and with the proceeds going to support the Kinsmen of Saskatoon, it was all for a

good cause anyway. So she plunked down a dollar for a raffle ticket, then stayed after the grandstand show on the last night of the Saskatoon Exhibition to wait for the prize draws. It was July 28, 1956, and Edna walked away with a brand-new, \$20,000 house.

The Bates never actually lived in it. They already had a house, and brand-new furniture. They did keep some of the furnishings (including some pots and pans that Edna's grand-daughter still has) but

the house itself was sold and moved onto Spadina Crescent, right next to the CPR bridge, where, today, Edna Bates' dream home is Art and Pat Randall's dream come true.

The Dream Re-Visioned

Art has lived here nearly 40 years. Even as a young man, long before he lived in it, the house drew his attention. By then, it had become a well-known party house and it showed. But when it went up for sale about 1974, Art bought

it. The beautiful original pine siding had been re-painted an abysmal turquoise blue, there were broken windows and it was filthy. The back fence was falling down and the weeds were chest high. It took him two weeks to fix it up enough so he could actually move in. Pat joined him there in 1977, and the house has been a work in progress ever since.

The Randalls are people of many hobbies. Art is a long-time hot-rodder (a love he picked up from his father, who



LAR

 **JEFF O'BRIEN**  **HEATHER FRITZ AND PAT RANDALL**

used to run the B&A Service Station at Avenue A and 33rd Street) and a re-builder of old cars. He got his first street motorcycle in 1969 and for a time flew ultra-light aircraft. Both he and Pat raced stock cars down at the old Bridge City Speedway in the early 1980s. Pat is a gardener and amateur photographer. She has her horticulture certificate and is well known in the local orchid-growing community. But the Randalls' biggest hobby is home renovation.

The house has been rebuilt inside and out. The original flooring is long gone, replaced with tile. The kitchen cabinets were re-done in the late 1980s, then very recently updated with a beautiful black granite countertop and a decorative, full-height, tiled backsplash. Graceful archways lead from the front sitting room into the rooms beyond, including a small, inviting, book-lined office nook. A draughty enclosed porch once ran the length of the house at the ➤

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Original promotional poster from 1956.

back. This has been turned into a comfortable living area with a fireplace and, nowadays, a large flat-screen TV. Like the porch it replaced, the back wall of this space is all windows but now they look out into a long, glass-and-brick greenhouse. It is here that Pat grows her orchids, starts her bedding plants (fewer of these now, with mature perennial beds in the back) and has her other pride and joy, a Bird of Paradise plant that she grew from seeds purchased in South Africa.

The house is 'slab on grade' construction, meaning there's no basement, simply a concrete slab with the house on top. Unusual for Saskatoon in the 1950s, it was built with radiant floor heating. Common elsewhere—in some European countries, up to 80 per cent of new houses use radiant floor heating—the system consists of ➤



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the feeling of walking sock-footed over a heated tile floor in the winter.

The greenhouse uses an "earth air heat exchanger" to help heat and cool it. Air comes in through a system of four-inch pipes buried several feet below the ground, where the temperature stays constant year-round, thus providing warm air in the winter and cold in the summer. Like underfloor heating, this, too, is an ancient technology.

Exterior Appeal

Art framed the front of the house with a series of archways and a sheltered porch. Both yards have been substantially landscaped, with high rock retaining walls following the slope of the front yard and bordering the path to the door. A line of cedars shelters the house from the street, and in the back there are fruit trees in addition to perennial beds and a vegetable garden.

In real estate, they say, location is everything. The Randalls' dream home has location in spades. Fronting the river, with tall, graceful trees lining both sides, Spadina Crescent has always been one of Saskatoon's prettiest streets. The weir parking lot area, redeveloped in 2001 to include benches, a boardwalk, lookout points, a fishing platform and other amenities, is right across the street, perfectly placed for a lazy stroll over with a cup of coffee early on a summer morning. It can get a little busy on Spadina, and there were once problems with noisy, late-night party people at the weir, but better enforcement has improved the situation enormously.

Art and Pat are still tinkering with their house. Probably they'll never stop. But the hours of work they have put into it have left them with a warm, comfortable and striking home that they look forward to living and working in for another 40 years. 

Jeff O'Brien

Additional photos and information found at www.saskatoon-home.ca/extras



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KARIN MELBERG SCHWIER



BOEHMER PHOTOGRAPHY

Evidently, purple isn't the sole purview of daring old ladies this year. Pantone, the company considered the global authority on colour and the provider of professional colour standards for the design industries, recently announced that Radiant Orchid, a "captivating, magical, enigmatic purple," is the Colour of the Year for 2014.

Emerald, last year's top pick, was described as "a symbol of growth, renewal and prosperity," and now Radiant Orchid "reaches across the colour

wheel to intrigue the eye and spark the imagination," according to Leatrice (Lee) Eiseman, Executive Director of the Pantone Color Institute. She also heads up the Eiseman Center for Color Information and Training in Seattle. Lee spoke with Saskatoon HOME last year about the 2013 selection and for this issue, she talked about why Radiant Orchid is "absolutely magical" and particularly welcome after a difficult winter.

"I can't think of a better

colour to help tide you over the winter doldrums, especially when the weather doesn't always offer the opportunity to get outside to put the roses in your cheeks!" Lee told Saskatoon HOME recently. "Radiant Orchid can do that for you, whether in a scarf around your down jacket or a fuzzy throw for the bed or sofa."

Soft pastels and vivid brights are at the forefront of Pantone's 2014 spring colour forecast, with Radiant Orchid leading the parade. "It's a season of

colourful equilibrium," says Lee. "The purple encourages us to be creative and innovative," she says. "The name is very fitting since there is a real radiance, a sheen to it and orchid brings to mind the exotic. The special thing about it are very absorbing undertones. Much like an amethyst, there are changing tones in the purple family, like pink and fuchsia."

Pantone's search for the colour of the year is a tedious process that requires ➤

careful consideration. Pantone searches the world for colour influences in the entertainment industry, films in production, traveling art collections, hot new artists, popular travel destinations and other socio-economic conditions. Influences may also stem from technology, availability of new textures and effects that impact colour, and even upcoming sports events that capture

worldwide attention. The ultimate colour choice influences product development and purchasing decisions in an array of industries including fashion, home and industrial design, product packaging and graphic design.

As a nod to 2014 colour trend, Saskatoon HOME magazine gathered some of Saskatoon's leading businesses to show how the colour forecast

will transcend all areas of your life in the upcoming year.

We brought together Anthology Home Collection (décor), Blossoms Living (flowers/glassware), Durands (woman's shoes), Luna + Hill (clothing), Pawluk Homes (home), Rouge Gallery (art), and Ethos SalonSpa Barber (hair and make-up) to create a unique and original visual story board to show you how

Saskatoon is on top of colour trend making it easy for you to invite these elements into your home.

Check www.Pantone.com for the specific Pantone formulas and a downloadable Fashion Colors Spring 2014 report. For more about Leatrice Eiseman: www.colorexpert.com. 

Karin Melberg Schwier



Photo: Pantone



Sasha Shogga (left), Leanne Paul (right) of Masala Model & Talent, and Matt Best (centre) are radiant in orchid glow.



*Find it all
in Saskatoon*

Anthology Home Collection (décor),
Blossoms Living (flowers/glassware),
Durands (woman's shoes), Luna + Hill
(clothing - all), Pawluk Homes
(home), Rouge Gallery (art), and
Ethos SalonSpa Barber
(hair and make-up)



BEFORE AND AFTER

Rejuvenation of a 1912 Character Home



2013
Bridges Award
- Whole Home
Renovation -
Studio 2.0

Some lovely old homes just need a little tender loving care. Others need a good hit of defibrillation, maybe even some deep orthopedic surgery to put the rose back in their cheeks. The decision to extensively renovate or simply sign the DNR and move on to a new build is often complex.

Emotions as well as finances get caught up in whether to restore an old home to its previous glory—or make it better than it ever was.

It's not to say that renovations of all early 20th century houses require the careful ministrations of health care professionals, but in the case

of Andrew and Martha Lyon, being medical scientists didn't hurt. Returning to the city in the spring of 2012 from Calgary after a dozen years, the Lyons fell in love with Saskatoon's most historic neighbourhood. They felt the resuscitation would be worth it for the 1978-square foot 1912 bungalow in quaint Nutana.

They also fell in love with Adrienne Fedorowich of Studio 2.0 Interior Design Consultants.

A Lot of Work Ahead

"When we bought this house, I seriously thought we were psychotic," Martha laughs. "You could sit at the dining table and look between



 **KARIN MELBERG SCHWIER**  **OPTICS PHOTOS**

the spaces in the floorboards to see if the light was on in the basement. There was lot of work needed to breathe some life back into this house." But walking to work, the Broadway area and downtown was a big plus. "We have tickets to Persephone Theatre and can even walk there. We did think

about buying new instead of breathing life back into old house. But golly, we loved the character of this house." They knew it needed work, and felt strongly that the renovation needed to ultimately blend in with the neighbourhood.

"We took possession in April 2012 and while it was

an idle fantasy that we could do this ourselves, we knew we had to get a designer," says Andrew. "We wanted to create a feel of warmth and laid back family style, but still have the upgraded efficiencies of a contemporary renovation." The investment in a good designer up front was

the key to a project that would tie the entire home together, old and new.

"If we went into it with a poorly defined scope and bad selections, then there would most certainly be costly delays or changes as we tried to piece meal this together," he adds. "We had an idea of what ➤



"She took our ramblings and translated them into a design," say Andrew and Martha Lyon of Adrienne Fedorowich, Studio 2.0 (centre).

we wanted, but had no idea how to get there."

Besides, as two working professionals with one son in high school and another in university, doing it themselves was not an option.

"We did think carefully about

how much money to put into the project," says Andrew. "We didn't want to make a foolish decision about what we might eventually get out of the house. But we intend to stay here a long time, so we wanted a house that was designed for us."

Creating the Game Plan

A good designer will spend a lot of time up front to determine the unique likes, dislikes and needs of the homeowner.

"Home renovations have a very practical side, but they're also very emotional," says Adri-

enne. "I need to ask a lot of personal questions and do a good job of investigating people to find out what will work for them. Sometimes they don't even know until we have multiple conversations."



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'Upscale country' best describes the look and feel the homeowners wanted.



After spending a lot of time together that summer, Martha says Adrienne "took our ramblings and translated them" into a series of draft designs and a variety of

options for each area of the house. "Upscale country" was born as the term that best described the look and feel that would best suit the Lyons' tastes.

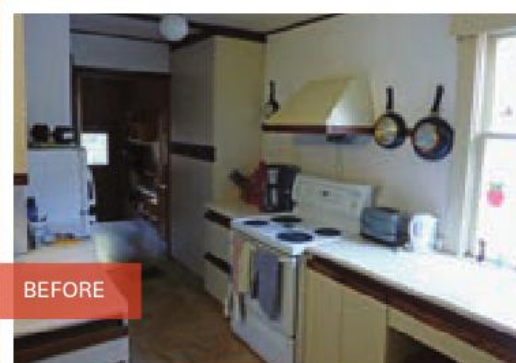
Typical of houses built in the early 1900s, rooms were tiny, space was divided, closets and storage space were non-existent. The Lyon house also had been tinkered with by

various owners over the years, resulting in a bizarre hodge-podge of rooms, mismatched and poorly executed finishes and odd layout. On the second storey, interior doorways were





Additional
photos found at
www.saskatoon-home.ca/extras



BEFORE

the only access to each of three bedrooms (no hallway) and had two separate sets of stairways. An addition to the second storey had simply been tacked on over the original back porch

roof, wood shingles and all. There was a strange, postage stamp-sized toilet room next to an awkward kitchen on the main, and in the master bedroom, a stand-alone sink

was a weird feature. All the mechanical and electrical systems were out of date and poor insulation and ventilation made for a cold house in winter and a hot house in summer.

Seeing the Potential

"Hats off to Martha and Andrew," says Adrienne, "for being able to look beyond what was here to see the potential. A lot of people can't see ➤

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past paint colours, but they were able to look past this odd collection of rooms and weird staircases and lack of closets to see that we could do something fantastic here."

A complete design plan was approved after many discussions and several design adjustments; a binder with all details from floor plans, electrical drawings, product and material schedules right down to the minutia like doorknobs was finalized before construction began.

With a good foundation and good basement, the second storey floor was replaced in the back, walls and ceilings removed throughout, and spaces reconfigured. With every part of the house to be touched, the Lyons moved out. They met regularly with the team—contractor Gerald Audit and project manager Andy Empey, Impact Construction, and Adrienne—to ensure the construction followed the design plan and everyone was kept up-to-date.

Modern Functionality, Historic Character

Ultimately, the design called for much greater function like a spacious office with a

Murphy bed, two bedrooms with storage, a creative second level bathroom, a larger kitchen open to the dining area, a music room, a gas fireplace, and a number of special features reflective of the 1912 era. A variety of details (see sidebar) maintain the turn of the century feel.

"There are always surprises when you're renovating a house of this age," says Adrienne. Floors out of level, old windows that had been boarded over, ancient wiring (some of it still live), structural elements, and bringing everything up to code were all challenges that had to be addressed."

Seven months later, the Lyons returned to revel in their redesigned, energy efficient 2335 sq. ft. home.

"We just loved the character of this old house, and now we have the efficiencies of a new home—a wonderful combination. But the house still has a history and feels like it still belongs in the neighbourhood," says Martha. "It's exactly what we wanted. We can't think of anything we would have done differently." 

Karin Melberg Schwier

KEEPING THE CHARACTER

- Rooms that flow together yet separated by oversized trimmed out openings.
- Cabinet details such as beadboard, turned furniture legs, and Shaker doors.
- Herringbone tile details in shower, on tub skirting, and kitchen backsplash.
- Large bold trim accents for the baseboards, casings and achitraves.
- Framed mirrors with trim detailing.
- Oil-rubbed bronze accents for cabinets, doors, railings, plumbing fixtures, and light fixtures.
- Rustic hand-scraped acacia hardwood and heated ceramic tile throughout house by Braid Flooring and Window Fashions.
- Sloped ceilings on the second level showcase era of home.
- Built-in shelving and storage around fireplace and in office.



When the walls do talk—As the Lyons removed original windows, history came to life. Newspapers had been used as insulation and most crumbled, but this one stood the test of time. It was carefully removed, ironed and framed for a unique glimpse at the start of the Depression. The June 4, 1930 edition of the *Saskatoon Star-Phoenix* featured an ad for a CPR return vacation to Banff for \$29.25. An 8-room house was going for \$13,000. A Clark Gable lookalike hawked Country Club beer — "A beer you'll like" — in a Pelissier's Ltd. of Winnipeg ad, and Mussolini made comments about the Italian naval forces.

(Photo by Karin Melberg Schwier)

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LILLIAN LANE

IN DEFENCE OF DIFFERENT

Blending In Versus Standing Out

It all started with a Jane's Walk. On a sunny Sunday afternoon last May, I joined a walking tour which was talking about the impact of infill development. Our guide, a project development consultant with Saskatchewan Housing Corporation, led us through Buena Vista, discussing the pros and cons of various infill projects sprinkled throughout the neighbourhood.

We stopped on Lorne Avenue where our guide pointed out three infill houses in a row. They

were of similar size yet they had very different architectural styles. We were asked which one was our favourite and one woman said she preferred the royal blue modern home, bookended by two concrete columns. She added, "I bet the neighbours didn't like it when it went up, but I like it *because* it's different." Everyone who spoke up agreed with her; the variety of styles made the area interesting and eclectic and the blue house was the group's favourite.

The Designer

The harmonization of infill housing is a contentious topic in Saskatoon and beyond. Not everyone would agree with my fellow Jane's Walk participants. Ever since my husband and I decided to build an infill house, the most common question we're asked is whether we'll harmonize with the existing homes on our street. We worked with Robinson Residential Design—based in Regina—to create our house plans, so I asked

John Robinson, the principal designer, for his thoughts.

"There are two schools of thought here," says Robinson. "There are instances when an area or group of homes is designated as a heritage area, where there are definite limitations placed on the style of home. This is done to achieve a sense of harmony in architectural features and style. Some people are quite adamant that any new homes in their area must conform to this aesthetic. Other ➤



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Bringing 'different' into a neighbourhood usually brings forth mixed reviews.

people see a richness in diversity with a few guidelines."

When there is an established architectural style, Robinson feels it's important to build an infill as suitable as possible for that specific style. However, he adds, "It's the mass production of boring-style infill homes that is the biggest danger, not diversity." To him, boring

houses are those that "don't have any influence from any architectural styles and aren't built to proper proportions and human scale."

The Home Builder

For Cam Skoropat, co-owner of Lexis Homes, who are known in the city for their beautiful modern builds, there are a few

problems with the argument that infill development should blend in aesthetically. "What if the current homes on a block are filled with cheaply built homes with no attention to aesthetics at all? Does that mean everyone has to recreate that style? How long would everyone be forced to recreate the same styles in a neighbourhood? Two hundred

years from now, will people still be saying that the styles created in the 1920s are the best style to use for all time?"

Skoropat also wonders how something so subjective can be judged. "Who will be the 'design police' to enforce the rules? How can there be 'design police' when not everyone has the same tastes?"

The Urban Planner

Saskatoon doesn't have residential heritage neighbourhoods with strict design limitations.

"The one tool that the province has given cities with regards to architecture controls is what's called an architecture control district," says Alan Wallace, the City's Director of Planning and Development. Saskatoon has two: River Landing and Broadway's commercial area. There's no plan to implement such regulation in residential areas, and part of that is because many neighbourhoods aren't uniform enough to apply such principles.

"One of the requirements to using this district," Wallace adds, "is you either have to preserve an existing character, so you have to be able to describe it, or you have to



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create a character like we've done with River Landing."

Wallace says the four original core neighbourhoods (Nutana, City Park, Riversdale and Caswell Hill) tend to have the most architectural consistency. "It's important to note that we're encouraging people to look at the existing character, but we're not requiring them to conform to it. That's an important distinction."

He acknowledges that many of Saskatoon's older streetscapes don't have a consistent architectural style. Areas adjoining the core neighbourhoods often have a more eclectic housing mix because they were developed both pre- and post-war. He cites Varsity View as an example, with its mix of flat roofs (they were popular in the 50s) and gabled roofs. Where there's a

street with a variety of styles, Wallace says, "the character is really what we make it now."

The Homeowner

What about the owners of that blue house on Lorne? They purchased the home

from the original owner and preferred not to be named. But one of them did give me their thoughts: "I agree it is completely different, but fits in nicely." 

Julie Barnes

GUIDELINES ON THE HORIZON

The City of Saskatoon has created a *Neighbourhood Level Infill Development Strategy* – a set of guidelines it hopes to move into regulation this spring. We spoke to Alan Wallace about the strategy's four key elements that will help infill harmonize size-wise and keep the neighbours happy.

1. **Massing:** "We want to start to address the concerns we've heard in the residential neighbourhoods, and this is around massing mainly," says Wallace. Massing refers to a building's volume, bulk, height and depth.
2. **Parking concerns:** Where infill increases density—such as an addition of a garden suite—an additional off-street parking space is required. Where back lanes exist, the City encourages that parking remain at the back.
3. **Protecting the tree canopy:** One of the most attractive features of our older neighbourhoods is the tree canopy. These tree-lined boulevards are possible because of back laneway parking, instead of front driveways. Wallace describes instances where developers have obtained a building permit only to discover their plan for the driveway is right through a City-owned tree. "We have had some go as far as to take them down—and that's a big no-no." The economic value of some City trees is as high as \$30,000.
4. **Lot grading:** "We were finding that a lot of developers weren't paying attention to where the water is going," says Wallace. "When you're building on a vacant lot beside existing homes, you don't realize sometimes that you're building up higher than the grade next to it. So we've had some issues with regards to drainage." The strategy includes an approval process to ensure appropriate grading.

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ASHLYN NEWLOVE

HEATHER FRITZ

A GYM IN YOUR GARAGE

Bringing the CrossFit Lifestyle Home

CrossFit, a branded name that is trademarked by CrossFit Inc., is a strength and conditioning program started in the late 1990s in Santa Cruz, California by founder Greg Glassman. Its claim to fame as an option to keep fit is that it incorporates functional movements used by each of us on a daily basis, utilizing a continuously changing mix of aerobic exer-

cise, gymnastic style body exercises and weight lifting.

In the past five years, CrossFit training has exploded into a worldwide phenomenon with huge cash prizes for competitors rallying to become the fittest man or woman on earth. It has gained so much popularity that television reality shows like *The Biggest Loser* have incorporated the program into episodes. Saskatoon itself

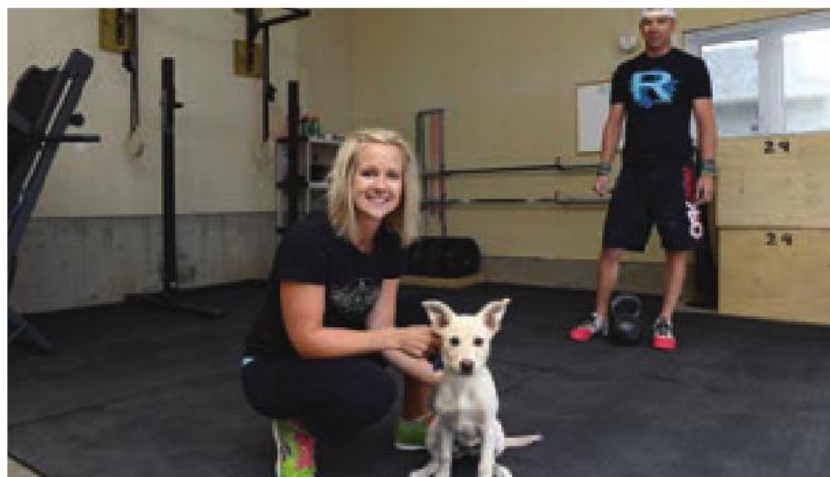
has five specific CrossFit affiliates within the city, shining a spotlight on this notable workout regimen.

"You will find a variety of athletes of all ages and fitness levels, working side-by-side in pursuit of elite fitness," says Jocelyn Rylee, co-owner of CrossFit BRIO. "You do not have to be a superstar athlete. Our major requirements are a willingness to listen and learn,

and work really hard!"

Steel Van Veen has a passion for two things in his life: family and CrossFit. Steel, a mortgage broker at The Mortgage Group, husband, and father of two, tried out the training program when a co-worker recommended it.

"My first experience with CrossFit was my introductory one-on-one session with David, one of the co-owners ➤



at CrossFit BRIO. With my natural competitive nature, I went against his advice and pushed myself way harder than the 3 out of 10 scale of intensity that he recommended. I honestly didn't know if I was going to go back a second time. Afterwards, I went outside, dry heaved behind my truck, drove a block, got out and puked, made it home and stared at a

blank television for about 25 minutes before I could even move," says Steel.

"I knew it was good for me but I wasn't completely sold on it. I had my 'Ah-ha!' moment about two months in. One Saturday I watched a seven-month pregnant woman absolutely crush a workout and realized I needed to get serious with it to see where

my limits were and if I could push myself past them."

Steel's naturally athletic background and addiction to the sport drives his obsession to compete with some of the country's top CrossFit athletes one day. But to excel to that level it would take a large investment of time. "Finding a balance between family, work and training at

the gym was hard. With my job, certain times of the year are really busy. So having the access to the equipment at any time was huge. You have no excuse when everything is right there in the garage," he says.

The first step for Steel to start his garage conversion was to search the Internet for the best retailers to purchase





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the equipment he needed to complement the CrossFit training program that he used in his daily workouts at his CrossFit gym.

Slowly, Steel outfitted his garage so that both he and his wife Lindsay each had the equipment necessary to complete almost any workout. He's learned a lot on his journey to create a full func-

tional garage gym, and offers some recommendations:

1. Invest in an Olympic-style barbell with rubber bumper plates. These are designed to be dropped on the floor without causing damage. Rubber flooring will also help soften noise. This type of flooring can be found locally at Shercom Industries or purchased ➤

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EVERGREEN

Take a stroll through Evergreen, Saskatoon's newest neighbourhood, where two rows of 50-year-old Scots Pines wait to welcome you!

Unique in its location, Evergreen is surrounded by a combination of parks, open fields and nature; including an area preserved as a native prairie remnant and natural wildlife corridor to the South Saskatchewan River Valley.

Modelled as a sustainable urban village, care has been taken to blend a combination of housing choices, open spaces and commercial opportunities in a sensitive and harmonious manner. Building a home in this environmentally sustainable community gives you a variety of green options!

Naturally Inviting

**Next lot draw
Spring 2014**

LOTS of information. JUST ASK!

For details on lot availability in Evergreen or other land developments including Hampton Village, Rosewood and Kensington, contact the City of Saskatoon Land Branch at 306-975-3278, visit www.saskatoon.ca/go/evergreen or contact your homebuilder.

The rendering above is conceptual and intended for illustrative purposes only. It may not represent the actual resulting built form.


**City of
Saskatoon**
Land Branch



online from websites such as rubberflooringdirect.com.

2. Install a combination squat rack/pull up bar. Gymnastics rings and a flat utility bench can be added to this set-up for gymnastic strength and volume training.

3. Wooden plyometric boxes can either be built yourself or purchased pre-made. Add kettlebells, medicine balls and dumbbells for a variety of movements that not only promote strength training, but also cardiovascular endurance.

4. A rower and a treadmill help maintain cardiovascular endurance and stamina.

5. Additional pieces can be added like a glute ham developer for enhanced core strength, a digital clock timer for timing the workouts, and tools for mobility such as bands and foam rollers for myofascial release of sore muscles.

All this equipment can be ordered online through such websites as roguecanada.ca, againfaster.com, getrx.com or even purchased locally at retail and specialty fitness outlets. For cost effectiveness you can consider gently used items found on websites like Kijiji.ca. Shopping around and researching your options will help save you money when making an investment like this.

Steel's total investment in his home garage gym will reach about \$9500 over time, but he feels his personal gain and fitness level will be priceless. Fitness trends may come and go, but finding a training program that works best for each individual to stick with will provide a better quality of life for anyone who can truly dedicate themselves. 

Ashlyn Newlove

CROSSFIT LINGO

WOD: Workout of the Day. Each day a different workout is posted at gyms around the globe. Members come to a group class to complete the workout as described by that particular gym.

Box: What CrossFitters refer to as 'the gym.' Set up differently than a traditional gym, it tends to have a generous amount of open floor space and all of the equipment necessary for a wide range of WODs.

AMRAP: As Many Rounds/Reps As Possible. A WOD programmed to have a series of movements completed repeatedly for a specific amount of time.

Metcon: Metabolic Conditioning. Workouts designed to train endurance, stamina and conditioning.

Double Under: A style of skipping where the skipping rope passes under an athlete's feet twice with only one jump.

Snatch: An Olympic lift where the athlete explosively lifts a weighted barbell from ground to overhead in one movement.

Clean and Jerk: Another Olympic lift where the athlete first explosively lifts the weighted barbell from the ground bringing it to their shoulders then takes that barbell from their shoulders and moves it overhead in a second movement.

Kipping Pull-Up: A rhythmic swing that transfers horizontal motion to vertical force allowing athletes to do pull-ups quickly and easily.

Pistol: A one-legged squat.

Thruster: A front squat that moves straight into a push press.

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CONTAINER GARDENING

Discover a New Way to Grow



KARIN MELBERG SCHWIER

Love flowers and home-grown vegetables and herbs? No room for a garden? Not so fast. As long as you've got something that will hold a bit of dirt, you can turn even a tiny deck or patio, a fence wall or windowsill into a little horticultural beehive. City folk can reap backyard raised bed bounties of corn, cucumbers, tomatoes and more. All most plants need is a happy fertile place to sink their toes, a little H₂O and a place they can turn

their faces to the sun.

Lucky for novices, the Internet is rife with advice on DIY container gardening. If you'd like some in-person advice, visit a plant nursery or farmers market, even an enviable neighbour, and ask some questions. Most experienced growers will be happy to offer some tips.

Up On The Roof

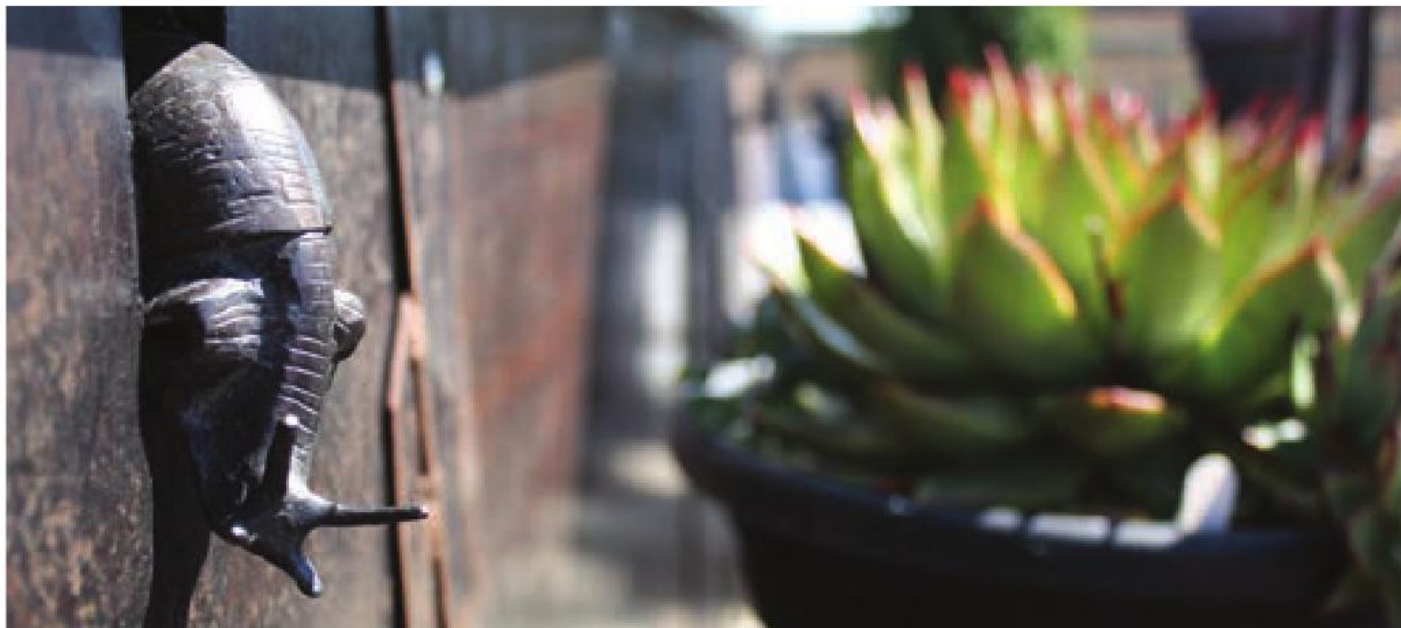
Community gardener Sandra Nourse is the former program

facilitator for the YWCA Crisis Shelter and Residence in Saskatoon. In 2012, Sandra and several women in the crisis shelter and residence started growing vegetables on the sun-exposed rooftop deck. Sandra wanted to teach residents about growing food in containers like plant bags and even large pop bottles, many of which cost little or no money.

Sandra wanted to share her passion with the resi-

dents at the crisis shelter since "gardening can nurture a person in so many ways," Sandra explains.

"I had many children ask me about each plant, curious how something so small like carrots and lettuce seeds could turn into the food they could eventually eat. One little boy kept asking, 'Kids like me can eat these?'" Most of the people with low income at the crisis shelter move to housing with little access to their own ➤



yard. "A container garden may be a good low or no cost solution," Sandra adds.

Pots and Pans

Melissa Kelsey's loft in the heritage Fairbanks Building

on the corner of 23rd and Pacific is the place where gardening ideas are hatched and seeds sprouted.

"Because a rooftop garden is quite exposed to sun and wind, you need to think about

what kind of pots and where they will best grow," says Melissa. "You can use just about anything for a small container, and a few more unusual ones really add some artistry to your garden. Metal

can get quite hot, and you have to allow for drainage."

Sheltering plants from harsh winds is necessary. A clear plexiglass panel strategically placed can offer that shelter-belt without blocking ➤



Kensington

Modern living, traditional style

Much more than a collection of homes, Saskatoon's newest neighbourhood will be a vibrant community to call home. With an inviting village square, picturesque ponds, parks and space for local shops, this is a neighbourhood where people can live, play and work. Designed to connect seamlessly to nearby communities, this urban village will enrich the lives of its new residents.

Kensington is located in the Northwest within the Blairmore sector. You'll always be able to call Kensington home, even when your housing requirements change. There will be condominiums, townhouses, and single-family homes located on cul-de-sacs and traditional lots with rear lanes. The Village Square will feature mixed-use development with main floor commercial and residential above for those desiring a more lively urban setting.



LOTS of information. JUST ASK!

For details on lot availability in Kensington or other land developments including Evergreen or Rosewood, contact Saskatoon Land at 306-975-3278, visit www.saskatoon.ca/go/kensington or contact your homebuilder.

**NEXT LOT DRAW
APRIL, 2014**


**City of
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Saskatoon Land

HELGA'S HERB HINTS

Helga Halfinger of Aberdeen, owner of Helga's Herbs, is a familiar presence at the Saskatoon Farmer's Market. City dwellers sans garden plots can still enjoy fresh herbs in the summer and fall since most plants are well suited to life in pots on balconies and decks. Helga offers some pointers, most of which apply to any plant in your container garden:

Location:

- Could be rooftop, deck, window box, front steps, anywhere!
- Be aware of sun/shade conditions. Herbs like sunny spots.
- Smaller containers may be moved into the garage during frosty nights. Cover larger pots where they sit.
- Herbs and vegetables are handy if placed near the house for easy access while you're cooking. They stay cleaner than when grown in a garden. It's also nice to sit on your deck and smell rosemary, mint or other fragrant herbs.

Size/Type of Container:

- Smaller pots require more frequent watering. Deep containers allow root development but shallow are okay for succulents and cactus.
- Metal containers can get very hot.
- Any type must have drainage holes to rid root system of excess water.

- Permanent raised beds can add attractive height features to a yard, and make tending plants easier.

Irrigation:

- Self-watering boxes work well.

Soil:

- Purchase potting soil or mix aged compost with soil from the garden. Straight garden soil might have too much clay which may absorb water and rot roots.
- Good idea to fill larger containers with soil where they will sit.

Fertilizer:

- May mix slow-release fertilizer with soil.
- Continue to fertilize throughout season for best results.
- Understand three numbers on fertilizer such as 20-20-20. First number is nitrogen for better foliage. Second is phosphorus to increase flower ability and size. Third is potassium for health/vigour.
- Fertilize weekly or every two weeks.

Plants for Containers:

- Most perennials will not survive in pots during Saskatchewan winters.
- Plant together those plants with the same sun/shade/water requirements.
- May mix herbs and flowers in the same container for interesting arrangements.



Care:

- Don't be afraid to cut and use often. This encourages new growth. Basil loves to be trimmed; clip larger leaves above joints where you see baby leaves starting. Make your pesto in batches all season long.
- At the end of the season, herbs may be dried or frozen. French tarragon, sage, parsley, rosemary and thyme can be cut, tied up and hung to dry. Make sure leaves are thoroughly dry before putting in jars to avoid mould. We freeze our basil pesto in small containers for use throughout the winter.



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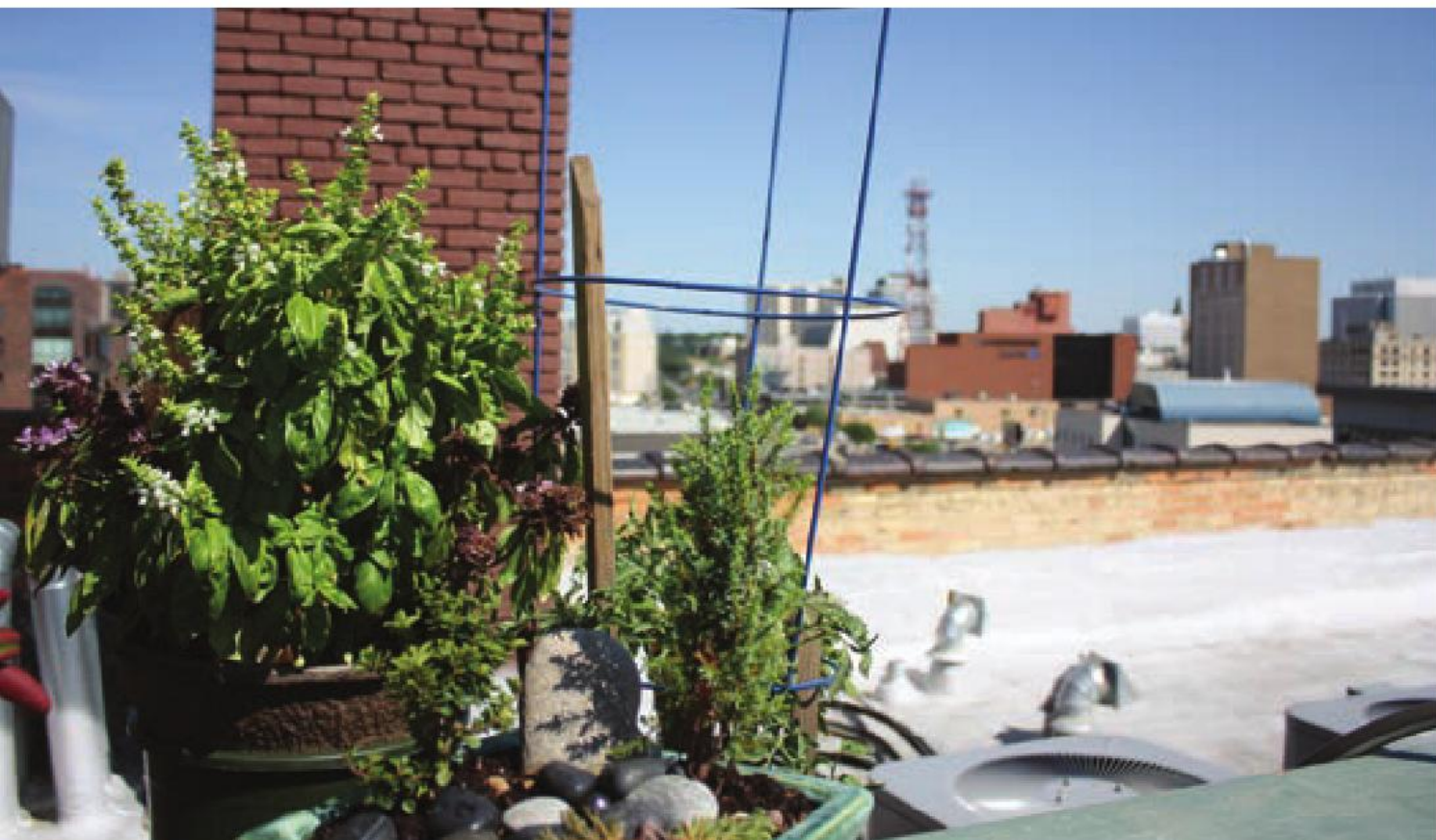
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light or the view. Irrigation is also an issue. Capturing rainwater or even condensate from air conditioners is great if you've got the space for a barrel or bucket. A drip system can be strung to various pots. The leavings from the air conditioner are captured from outside air, so it won't contain chlorine or some of the additives that may be in tap water.

Raised Backyard Beds

Erica and James Fraser dedicated a large area of their Willowgrove backyard to growing their own vegetables, a new experience for city girl Erica. But James was a farm kid and the couple wanted their own children to pitch in with a garden.

"The produce is great," Erica says. "I can do some canning, and pickles. Our three-year-old enjoys picking and weeding, so

hopefully that will continue." Her husband has fond memories of childhood summers tending vegetables and a fruit orchard. "Even though we live in the city, we really want our boys to have even a little taste of that."

The couple built raised planting boxes with Versa-Lok retaining wall blocks, a material they carried throughout their back yard. "I had never constructed anything with them before, but I was impressed with how simple they were to use." The couple built two planters, four feet by 20 feet and two feet high. They had to be terraced because of the slope of the back yard. Irrigation lines were laid in before the boxes were filled with earth, then James connected lines to four sprinkler heads in each box. The couple plans to run drip lines this season to better reach root systems. ➤



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"I liked the look of planter boxes and that you don't have bend down so much when you're weeding," explains Erica. The couple started with a completely undeveloped yard, so could put a lot of thought into the look and functionality of the gardens, both flower and vegetable. James' parents' farm is a good source of fertilizer. When it came to planting, James wanted vegetables with staggered ripening times so they could enjoy a continual harvest.

"We even put in corn and it did quite well. Last year, we had six rows and got about 30 nice cobs," Erica adds. "We haven't had the best luck with cucumbers, and I'd like to try more pickling, so we're working on a better seed. This year we'll try different kinds of squash

and zucchini. We have had the best growth with some scarlet runner beans last year that grew to be quite long. The boys really like them."

The Frasers say that anyone can turn yard space into a productive garden, even if they lack a little know-how. Farm and garden stores offer DIY containers. Oak barrels and tubs with adequate drainage can also work well as long as the soil is rich and fertilizer is added. "You can make your own planter boxes," Erica says, "Just devote a patch in your back yard and try it!" 

Karin Melberg Schwier

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IF FLOWERS TAKE YOUR FANCY

Benny Stephen grew up a farm kid near Liberty during the Depression. She remembers the dust, grasshoppers and armyworms and how hard her parents worked to eke out a living. Despite the hardship and no money for frivolous things, her mother grew one or two coleus to add a touch of colour and hope to a bleak brown landscape.

Benny has lived in her Wildwood Heritage View condo for ten years and is well known by appreciative neighbours for her lush balcony floral display each year. Her east facing balcony "gets nice morning sun" for petunias, she says, but her garden grows "mostly by guess and by golly!" She packs every square inch of space and creates levels with pots and stands for flowering annuals, climbing ivy, a few impatiens in a shady spot at the back. "I'm left with very little room for a chair out there to sit!"

She's discovered a clever way to rid many balcony and deck container gardeners of an annual summer plague, the wasp. "I'm so darn scared of wasps so this really works for me," she explains. "Bounce dryer sheets. Just set a few down on the floor and here and there, and the wasps don't like them for some reason. When bees sting, at least you have the satisfaction of knowing they will die," she laughs. "Wasps come after you again!"



To keep container plants lush, Benny suggests Miracle Gro fertilizer, protection from the wind, and remember to water. She doles out an occasional boost with one tablespoon of Epsom salts dissolved in a gallon of water to help green up leaves and keeps things blooming.



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KARIN MELBERG SCHWIER

HOME TOWN BED & BREAKFASTS

Careful Consideration, Hospitable Hosts, Good Boundaries

It's a romantic notion. Running a bed and breakfast (B & B) in your own home might seem so, but a well run establishment is hard work and demands a certain kind of owner to be successful. The one thing Lola Poncelet and Darryl Petersen never expected when their Ninth Street B & B opened in 1996 was that they'd still be doing it 18 years later. As the oldest B & B in Saska-

toon, Lola and Darryl are open for a busy nine months each year with a steady stream of new guests, largely based on word of mouth and positive reviews and a loyal following of return clients.

It was Darryl's plan to open his 1927 character home as a B & B in historic Buena Vista. Upstairs he converted some closets into a private bathroom for each of three

bedrooms. The cozy main floor has a kitchen, spacious dining room and a living room area open to guests. Beautifully appointed with artwork and gorgeous antiques, there isn't any clue that this house (except the basement) is guest accommodation. At the time Darryl first applied to run the B & B, there was only one other in Saskatoon. A presentation to City Council was required,

and even though the City was promoting home-based businesses, two councilors were dubious. They worried such a venture would threaten downtown hotels.

"I thought really?" Darryl laughs. "If my three little rooms were going to bring down the Ramada, they had bigger problems than me!" He canvassed his Ninth Street neighbours who were willing

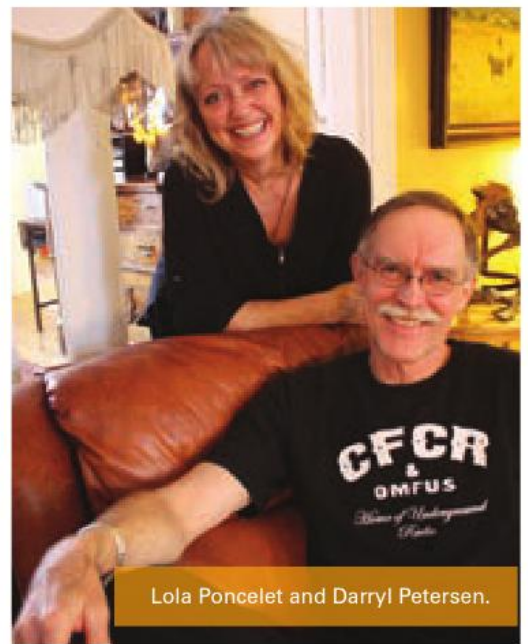
to see how it would go, and Council eventually voted in favour of his plan. Around that time, Darryl met Lola, who was tinkering with her own idea of creating a tea room in her house on Eighth Street. Aside from that similar interest, the pair soon discovered a shared love of travel—and eventually each other. A B & B seemed a good way to make a reasonable living and finance travel two or three months each winter.

"You both have to really want to do the business," says Darryl. "I've stayed in B & Bs where you can just tell this was either the wife's idea or the husband's, and the other is just going along with it. You feel this black cloud following one of them around; you sit at the table and feel like Mom and Dad are going to start fighting at any moment. So if you are thinking of doing it, you really need to go into it together."

Building a reputation for good service and comfortable accommodation takes time, and the patience to wait as word of mouth spreads. Lola kept her fulltime justice system job (though a happy face on the calendar marks retirement in May.) She also handles the bedroom turnover. "Laundry," she says, "is my life nine months of the year!"

Darryl is the chef behind the most important meal of the day. "I'm a morning person, so I'd be up anyway and I like to look after the breakfasts. In the beginning, when we had times when we weren't full," Darryl remembers, "I had aspirations of doing some writing."

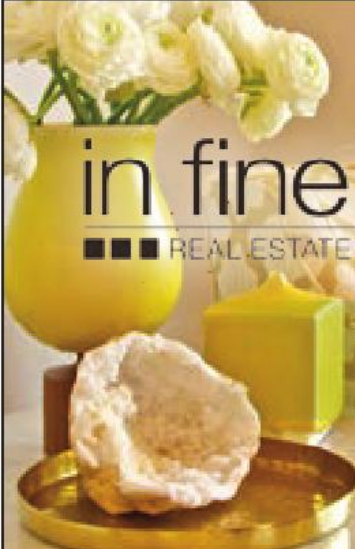
"Pretty soon, though," Lola says, "we found ourselves working seven days a week with three bedrooms that often turned over daily. It seemed like we were just having people finishing up breakfast when we had to clean up, get the



Lola Poncelet and Darryl Petersen.

rooms changed and be ready for the next guests. It really does become all you do."

Since Ninth Street B & B began, several others have opened in the city; a few have fallen by the wayside. Lola and Darryl advise going into such a venture armed with some research. A business license is required and checking into increased homeowner liability insurance is a good idea. A portion of utilities and property tax can be claimed as business expenses, as well as the maintenance of the B & B ➤



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rooms, and breakfast items provided. Future capital gains might be a consideration if renovation work is done.

"We had no delusions about it being easy, that we'd just hang a shingle out, do up an extra bedroom and the money would roll in," Darryl says. "Some people do approach it as a fast way to make some money in your home and I just say well, knock your socks off! A room to rent to students has its place, too, but that's not a B & B."

Over the years, Lola and Darryl have noticed that in addition to their retired guests and people in town to visit family, young professionals are seeking out something a little more personal than a

hotel. Because Saskatoon has become a growing hotspot, it's sometimes difficult finding a hotel room and guests are "pleasantly surprised" by their first B & B experience.

"For under \$100, within easy walking distance to restaurants, you can have a comfortable room, a private bathroom, peaceful surroundings, and a great breakfast," Darryl insists. Sometimes the intangibles are what make a B & B attractive to a guest.

"You can live and die by the TripAdvisor sword and word of mouth," he adds. "You want to offer a pleasant, comfortable experience. But someone may love one B & B and not another and maybe can't even explain why."

Lola and Darryl live in the basement and respect their guests' privacy, for them a critical rule of thumb. While the success of a B & B depends on warm and welcoming hospitality, good hosts will have a code of conduct to maintain the fine line between business and personal space.

"Having B & B guests is not the same thing as having your own friends over on the back patio for a beer," Darryl says.

"People don't want to feel rushed at breakfast either, so you can't just throw them a muffin and hurry them out the door. After all, it's called a Bed and Breakfast, not a Bed and Bugger Off!" Lola laughs. "You need to be hospitable and friendly, but we're in the

service industry. There is a lot to do before you welcome your next guests."

Darryl and Lola agree that it's difficult to advise people on whether to open a B & B because it becomes a lifestyle, not just a 9 to 5 job. If you just like to have company, it might not be the right fit.

"It wasn't because we were lonely and wanted to make more friends," Darryl laughs. "Of course we enjoy people who stay with us, many as repeat guests who've been coming here for years. We've met some amazing people," he adds. "But if you're needy, good Lord, don't go into the B & B business! You will drive people away." ☺

Karin Melberg Schwier

TO B & B OR NOT TO B & B, THAT'S A GOOD QUESTION!

If you are:

1. Lonely and looking for companionship
2. Looking for quick and easy cash with little effort
3. An introvert
4. Have a house that you feel is a show piece that you want people to admire
5. Are not a morning person

Then, opening a B & B is probably not the business for you.

If on the other hand, you:

1. Are genuinely interested in people
2. Desire a second income with substantial tax advantages
3. Are willing to look at the business as a long term investment
4. Are comfortable sharing your space with strangers
5. Have good boundaries and a sense of humour,

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HEATHER FRITZ

Fresh flower lovers now have the perfect excuse to head over to the verdant Valley Road area for an afternoon of sunshine and picking.

In a floral twist on the localized farm-to-fork movement, Saskatonians can pick fresh flowers just minutes from the city limits. The friendly Cote family will happily lend you a pair of pruners and send you out to harvest from their abundant back 40.

The Cotes' farm, Tierra Del Sol, is headed into its third successful season. Tierra Del Sol is Spanish for 'land of the sun.' The local farm's primary product is fresh cut flowers sold to the public as a u-pick experience.

In order to underwrite the unique project, the Cotes sold

the family grain operation in Leask. Farmers Barb Stefanynshyn-Cote and her husband John Cote are both agriculture program graduates. Barb has an additional master's degree in animal nutrition.

The couple brings a wealth of experience to their joint agricultural venture and finds that a lot of the knowledge they gained as grain growers is transferable. The Cotes have four children who all participate in farm chores to support the family business.

"We knew we wanted to come to the Valley Road area," explains Barb. "We liked the location; we liked the farmland and the existing businesses."

It wasn't easy to find available land for sale in the very

desirable locale but the couple persisted until they found a seller. "I picked up the phone and started phoning people—and on the 59th call—I hit upon a man who said he might be interested in selling. I told him we'd be right over."

and growing conditions on Valley Road are excellent.

"The gladiolas and lilies are the perennial work horses. We have 12,000 lilies and 8,000 glads in our fields," says Barb.

The u-pick experience at Tierra de Sol is very simple.

Ninety per cent of the floral crop is direct seeded annually, but gladiolas and lilies are the perennial work horses with 12,000 lilies and 8,000 glads in their fields.

The Valley Road location has proven ideal for their innovative venture. Ninety per cent of their floral crop is direct seeded annually and the soil

The Cotes price their flowers by the stem. For example, lilies are more expensive than sweet peas. Customers are encouraged to get ➤



creative and explore their extensive flower patch to make their own arrangements.

U-pickers are asked to call ahead first and make an appointment, bring a big bucket and harvest from the over 20 varieties growing in the u-pick area.

"The best part of this experience for our customers, who are floral enthusiasts, is that the u-pick process is tactile. You can

hop in your car, visit our farm and spend some time around colourful flowers," says Barb.

In addition to flowers, the farm grows ornamental grasses like Sudan grasses, oats, millets and four types of wheat varieties. Willows, twigs, moss and bark all make their way into the creative floral arrangements artfully combined at Tierra del Sol.

In the fall season, the farm

does a brisk trade in dried arrangements which have proven very popular for outdoor photo shoots for bridal parties.

This summer, the farm will have a new retail site in addition to their fresh flower farm-gate option where customers can pick up a bouquet and leave the money in a box. If you don't want to u-pick, you can find

the Cote family's flowers at the Saskatoon Farmer's Market. The Cotes will also deliver fresh flower arrangements to your door.

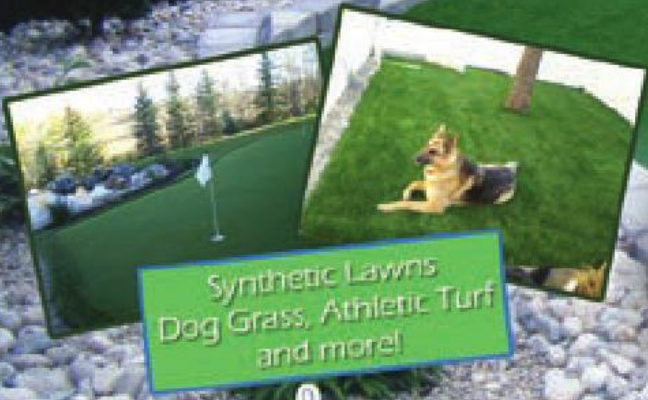
U-pickers can start harvesting their own bouquets in late June when the first blooms are out. "We are open for business as late as into September as Mother Nature will allow. As soon as we get that first frost, that's it" ➤

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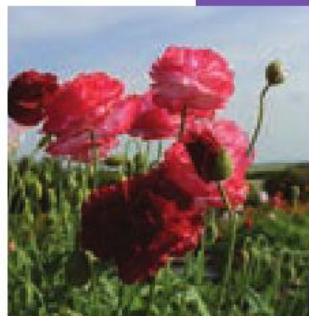
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CAMBRIA



The ambitious farmers want their location to become a prime agritourism destination so they plan to open an on-site distillery next.

Their new haskap and raspberry orchards will provide the fodder for whiskey, vodka, gin and liqueurs. "And it's all legal," says Barb with a high-spirited giggle. 

Patricia Dawn Robertson

HOW TO PRESERVE FRESH CUT FLOWERS

Flower farmer Barb Stefanyshyn-Cote shares her insider tips on how to make the most of your colourful fresh flowers.

Re-cut the stems—Whenever stems are exposed to air, the cells start to dry out. Dried out stems don't absorb as much water. Be sure to cut the stems on an angle. This provides more surface area for the stems to drink.

Water Top-Up—Your flowers are most thirsty on the first day you get them home so be sure to check water levels and give them a top up so they enjoy an extra drink.

Fresh H₂O—Swap out your water for fresh water every two days. You must also swap vases, too. This eliminates all of the bacteria that thrive in the moist warm water with the plants. By nurturing your fresh cut flowers in this way, you will prolong their lifespan.

Add and Stir—Feel free to use additives designed for floral arrangements. One half-teaspoon of bleach will help to kill off the bacteria and preserve the flowers.

Placement—Keep your floral arrangement away from heat sources like furnace heat vents and direct sunlight.

Beware—Don't store fruit like bananas and apples in a bowl on the same table as your flower arrangement. These fruits give off an ethylene gas that makes flowers break down more quickly.

Cutting—Harvest fresh flowers in the cool temperatures of the morning, or evening, to prevent wilting and preserve their gorgeous blooms.

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Elysia Vandenhurk and
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HOME FOOD:

Camelina Oil



CRAIG SILLIPHANT



BOEHMER PHOTOGRAPHY

Once upon a time, for a really long time, say from the 16th Century to the 1940s, there was a hearty and delicious type of oil seed called camelina. Camelina was used as a major edible oil crop as well as in animal feed and even as an oil for lamps. But when industrialization came along with its 'faster and easier is better' assembly line thinking, evil stepmother food industrialists decided to cast a spell on the oil. They didn't want camelina anymore because it contained so many polyunsaturated fats that it was harder and pricier to hydrogenate down to make

margarine (and of course, we had little use for oil lamps once we had electricity). So camelina oil went to sleep for many years, undisturbed in its slumber, until it was awakened in Canada by three princesses. Well, that is, Three Farmers who are in fact, sisters.

Hardiness & Health

The seeds for Three Farmers Camelina Oil were sown when one of the founders, farmer Colin Rosengren, heard the good word about camelina oil at a seminar. Camelina sativa, to use its full name, is incredibly well suited for growing

in Saskatchewan because it adapts well to cold semi-arid climate zones like the prairies.

"Camelina sativa originated in Northern Europe where climate is quite similar to that of Saskatchewan," explains Three Farmers' CEO Natasha Vandenhurk. "It is a very hardy crop that is drought resistant and cold tolerant."

On top of the fact that it's a great crop to grow in Saskatchewan, camelina also has some interesting health benefits. In addition to vitamin E, the oil is rich in Omega-3, Omega-6, and Omega-9 fatty acids; some of the fats that made camelina

hard to process into margarine are the very same fats we're now being told we should be putting into our bodies.

Not to get too 'sciencey' on you, but our bodies don't produce essential fatty acids (EFAs) like alpha-linolenic acid (ALA), which is synthesized into Omega-3. Clinical research has suggested that an increase of ALA in human serum levels can significantly contribute to the prevention of maladies like cardiovascular disease, diabetes, hypertension, arthritis, and more.

"Camelina oil has a balanced fatty acid ratio between ➤



Omega-3, Omega-6, and Omega-9, making it one of the healthiest cooking oils on the market," says Vandenhurk. "Gamma-tocopherol, found in abundance in camelina oil, is an often overlooked but important form of vitamin E. Studies have shown gamma-tocopherols [can] reduce inflammation, regulate factors that guard against certain cancers, and activate genes involved in protecting against Alzheimer's disease."

The Taste

Of course, health benefits are always welcome, but you can have the healthiest food in the world and no one will eat it if it tastes like cod liver

oil. So, honestly—how does camelina taste?

"Any and every dish that calls for olive oil or a vegetable oil of any kind can use camelina oil as a healthier alternative," says Elysia Vandenhurk, Chief Operating Officer and Red Seal chef. "We showcase the oil in a variety of ways. Simplest form is allowing customers to taste it by bread dipping or sipping from a cup. We do many tastings that show its use in salads, pastas, stir fry, [and] dips."

I've used the oil myself in a variety of dishes during my own culinary adventures, as they mention, using it where I'd normally use vegetable oil. There are several flavours,

including roasted onion and basil, roasted garlic and chili, and original. I've worked in the kitchen with the original flavour, and it carries a lightness to it, with nutty tones and hints of asparagus.

The Shift

In the last decade media outlets like *The Food Network* have introduced our palates to new and different ways of thinking and experiencing food. More weight is being put on fresh, real food (as opposed to food with a lot of chemicals like the aforementioned margarine) and the more local the focus, the better. This has sparked an

interest in products like Three Farmers Oil, which has helped in their growing business.

"Our product is an easy sell to retail as it is unique, high quality, Canadian made and caters to the growing segment of health conscious consumers," explains Vandenhurk. "We offer a healthy, traceable, and sustainably produced product, so we touch on all the key trends occurring in the grocery market today. Our biggest challenge is in creating 'market pull.' This means driving consumers to the store to purchase and educating consumers on the fact that camelina oil should be a permanent pantry item





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in everyone's home."

Even in the short few years they've been producing and marketing the product, they've had a steep learning curve. Keep in mind they weren't just selling another product, but pioneering a new food that needed approval from Health Canada before they could even sell it. And once that was done came the hard part. The world of retail food marketing is a rough ride, with producers

jockeying for coveted space on store shelves, not to mention the Herculean effort needed to cut through the marketing clutter to get their name out.

"I don't think anyone could ever prepare for this," says Vandenhurk. "There are many roadblocks when trying to take a brand new product to market and spread the word across an entire country. We are not just introducing a new brand of olive oil or grapeseed oil or

coconut oil. We are pioneering a brand new category of food product into Canada and that's tough. Perhaps what we were least prepared for is the over-the-top effort it would take to get this thing off the ground."

I'm not prone to melodrama, but both the product and the people I've met from Three Farmers ring true as a real Saskatchewan feel good story. With the pioneering spirit we're famous for, they've rolled up

their sleeves and achieved quite a bit in just a few short years (though I'm sure it has felt longer to them at some points in the process).

"Our company is very much focused on creating value at home in Saskatchewan," says Vandenhurk, "bolstering our local economy as well as the national economy, and giving back to the community that we work in." 

Craig Silliphant

LETTUCE WRAPS WITH CHICKEN, QUINOA AND CAMELINA SATAY DRESSING

1 Bibb Lettuce – cleaned and trimmed
2 Chicken breasts – cubed
1 tbsp Three Farmers camelina oil – to sauté the chicken
1/2 cup green onion, chopped
1 cup carrot, shredded
1 red pepper, diced
2 cups quinoa, cooked

Dressing:

2 tbsp Peanut butter
3 tbsp Soya sauce
2 tsp Fresh ginger, crushed
1 large Garlic clove, crushed
2.5 tbsp Honey
1/4 cup Three Farmers camelina oil
1/3 cup Rice vinegar
Cracked Pepper to taste



Directions:

Make the dressing first: Combine quinoa (cooked), onions, carrot and pepper in a blender and blend until smooth. Set aside in the refrigerator until ready to serve.

Heat 2 tbsp camelina oil in a sauté pan and sauté the chicken pieces on moderate-high heat until done (approx. 8–10 min).

Combine, quinoa (cooked), onions, carrot and peppers into a bowl and mix together with a fork.

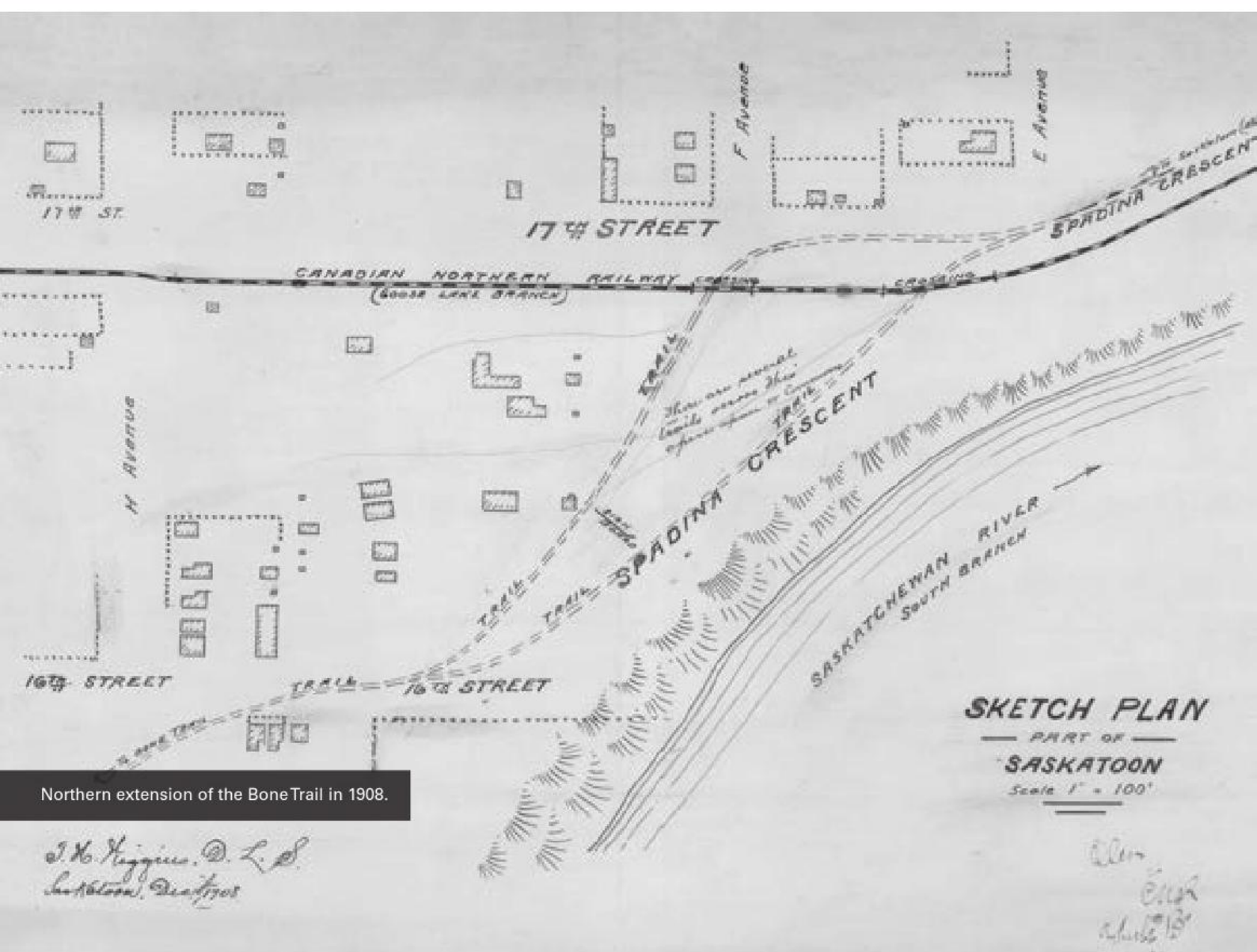
Assemble: Place a generous amount of sauce onto the bibb leaf, top with quinoa mixture and chicken. Enjoy!

Try this: The Camelina Satay Dressing may be used to dip chicken/beef skewers and dress cabbage slaws as well.

HOMEtown Reflections

 JEFF O'BRIEN

SASKATOON'S MEEWASIN TRAIL



Northern extension of the Bone Trail in 1908.

Photo: 1047-001_1908_Goose_Lake_Line_cropped courtesy City of Saskatoon Archives

In every season, in every kind of weather, you can find people out on Saskatoon's trails. Stretching along both sides of the river and out across the city like a giant spider web, they draw travellers of all stripes, from the recreationally-minded out for a healthy stroll to the muscle-powered commuter intent on getting from A to B as efficiently as possible. In all, more than a million people every year travel Saskatoon's trails. And those numbers are growing.

Historic Trails

In the days before European settlement, First Nations people moved through the Saskatoon area along trails that followed the top of the riverbank, where there was direct access to the resources of both the river and the plain. During the fur trade era, trails like the

900-mile-long Carlton Trail from Winnipeg to Edmonton were the main highways bringing goods and people in and out of Saskatchewan.

During the fur trade era, trails like the 900-mile-long Carlton Trail from Winnipeg to Edmonton were the main highways bringing goods and people in and out of Saskatchewan.

In 1883, the first settlers in Saskatoon arrived here via the Moose Jaw Trail, which entered the colony more or less at Broadway Avenue just south of 8th Street. There it joined the much older Moose Woods trail, coming up from what is now the Whitecap First Nation. Together, they travelled up Broadway, turned along University Drive, entered the campus where the Memorial

Gates are, then continued north to Batoche.

On the west side, the Bone Trail was used by traders in buffalo bones, which were

ground into fertilizer, as well as by homesteaders heading out to the area around Vanscoy and Delisle, while the Battlford Trail, which ran out from 22nd Street, took travellers to what was then the capital of the Northwest Territories.

The trails fell into disuse after the railway came through in the early 1900s. But Saskatoon was for many years a city full of empty spaces and vacant

lots, particularly in the fringe areas. Aerial photos from the 1920s show a maze of trails as people simply headed across country to get to where they were going. The riverbanks were lined with pathways, and photographs clearly show remnants of the old settler trails, which continued to be used locally for decades, traces of which can still be found today.

MVA Trail System

In 1973, Saskatoon adopted its first bikeway standards, and built the first formal bike paths along the river. In 1982, the city released a set of recommendations regarding further implementation of bikeways here. Although the main focus of such paths was to be recreational, the report noted, this should not preclude commuter use. More importantly, the report called for all new ➤

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Buffalo bones destined to be ground up for fertilizer, stacked near the railway station in Saskatoon in 1890.

Photo: LH2623_buffalo-bones courtesy of the Local History Room, Saskatoon Public Library

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Building a Place for you to call Home

parks in the city to include bike paths. As maps of Saskatoon's trails today clearly show, this recommendation has been adhered to, and the park paths form a major part of the city's cycling infrastructure.

But when we think of trails in Saskatoon, we mostly think of the Meewasin Valley Authority (MVA). Established in the late 1970s to act as the custodian of the South Saskatchewan River in and around Saskatoon, the MVA identified the expansion of the trail system as its very first priority.

The first 10 kms of hard-surface trails were officially opened on August 23, 1982. They ran from Rotary Park up through the University campus on the east side, and to the weir on the west. By 1987, the MVA trails stretched from Victoria Park up to the wastewater treatment plant on Whiteswan Drive, and ➤



Children walking along the trail through Cosmopolitan Park.

Photo: courtesy Meewasin Valley Authority

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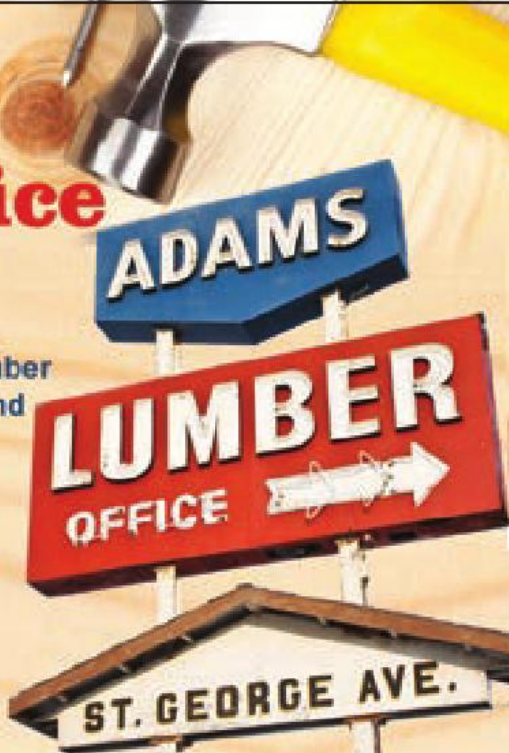
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Photo: courtesy Meewasin Valley Authority

on the east side all the way up to Circle Drive.

But provincial funding cuts in the 1980s put a damper on trail building. By 1999, there were still only 19 kms of hard-surfaced trail completed (albeit with an additional 34 kms of secondary paths), and plans for extensions to places like Wanuskewin, Sutherland Beach, Cranberry Flats and the Forestry Farm, announced years before, were still only dreams.

In 2001, some of those dreams started to become realities. In January, the MVA kicked off a fund-raising campaign to double the extent of its trails, including completing the link between Gabriel Dumont and Diefenbaker Parks in the south east, completing the trail through the South Downtown, linking Friendship Park with the trail through Victoria Park, extending the Victoria Park

trail through the old Sanatorium site near Holiday Park golf course, and building new trails and expanding existing ones through Sutherland Beach and area, around the Regional Psychiatric centre and into the Forestry Farm.

The area around the weir was also slated for a major facelift, including a shiny new boardwalk and lookouts above the dam itself, improvements to the parking lot, a fishing platform and a new staircase up to the pedestrian crossing on the CPR Bridge, to be built by the City of Saskatoon.

Fund-raising went swiftly. Work began that spring, and over the next few years, the planned extensions began to take shape, starting at the weir with the Prince of Wales Promenade and the Realty Executive boardwalk, which were completed by the end of 2001. Perhaps more ➤



University campus and Varsity View area of Saskatoon in 1927, showing a maze of local trails and remnants of the old trail to Batoche heading north from the University gates.

Photo: 2012-170_Aerial-Photos_1927-010 courtesy City of Saskatoon Archives

importantly, construction began on River Landing—Saskatoon's long-awaited South Downtown riverfront project—in the fall of 2003.

Ongoing Work

Today, the Meewasin has more than 60 kms of trails, and although the MVA has expressed concern that development is lagging behind urban growth, the work of filling in and extending the trails continues. In 2007, the city built a pedestrian walkway beneath the Circle Drive North Bridge, improving the connections between the east and west side trails. In 2011, work finally began on an extension through the old Factoria site at the foot of Adilman Drive, and from there north to Kinnear Drive. Completed in 2013, this stretch will be the jumping-off point for the long-awaited Wanuskewin extension which is expected to begin ➤



Photo: courtesy Meewasin Valley Authority

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construction this summer. 2013 also saw the completion of the trail between Gabriel Dumont and Diefenbaker Park, which crosses the river on a pedestrian crossing slung beneath Saskatoon's brand new Circle Drive South Bridge.

2014 will also see trail development south into Chief Whitecap Park, from whence it will eventually continue down through Cranberry Flats to Beaver Creek, and all the way to the Whitecap Dakota First Nation. The sod turning for the Chief Whitecap Park extension happened last October and a fund-raising campaign for these projects is well underway.

A century and more ago, Saskatoon's trails were essential links for the movement of goods and people between here and the outside world. Today, we tend to think of them in

more recreational terms. But that is changing. An increasing number of people are choosing to make their daily commute by bike or on foot, and while the numbers are relatively low, they are growing. You only have to travel the Broadway Bridge each morning to see how much the rush hour pedestrian traffic has increased. Between the river valley trail systems and the connections extending out into the community beyond, Saskatoon today has the beginnings of a viable commuter trail network, and the potential for our trails to become what they once were—vital routes for moving people from where they are to where they need to be.

(Maps of Saskatoon's trails can be found at: <http://meewasin.com/visitors/trails/interactive-map/>.)

Jeff O'Brien



Cecil Randall, posing beside his bicycle, ca. 1906.

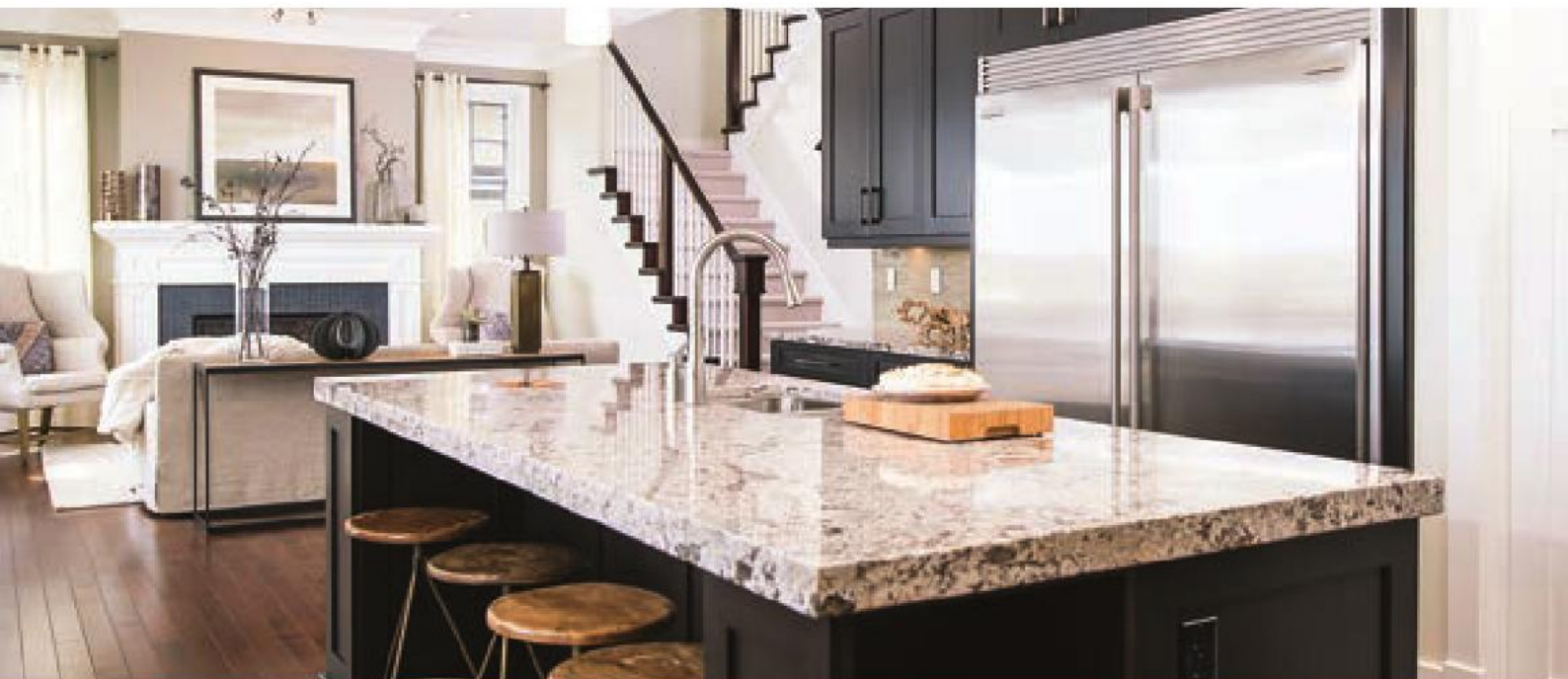
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Skate Year Round



Jim Greenbank (centre) with Joel, Cameron, Hannah, and Luke.

 **AVIVA ZACK**

 **HEATHER FRITZ**

At long last the warm weather is starting to peek through in Saskatoon and we eagerly think about swapping our layers of coats and boots for shorts and sunscreen. In Jim Greenbank's yard, everyone may be revving up their full summer attire, but they're also excited about lacing up their ice skates.

While one of Canada's favourite pastimes was once limited to wintertime or indoor rinks, it is now possible to skate year-round outdoors in Saskatoon from the comfort and convenience of home. Thanks to a resin-based

synthetic ice product out of Germany called SmartRink. Those looking to give their children an edge in ice sports or simply offer more recreational activities for their families can purchase a SmartRink for their backyard, driveway, garage or even basement.

Jim, who sells SmartRink in various sizes to local families, describes the residential product as 8mm thick resin-based synthetic ice that is pressed hard. It comes in one metre by one metre panels, which join together with a simple locking dovetail joint. The only requirement is a flat

surface such as a concrete pad.

SmartRink is specifically engineered for skating, whether in six to nine panels laid down to practice stick handling, or 45 panels similar to Jim's own backyard rink, which allow people of all ages to skate around and practice shooting the puck. Panels can even be ordered with goalie creases for those more serious about the sport. Figure skaters also use the summer ice to practice.

For commercial use, SmartRink, is made much thicker at 18mm, allowing it to be laid on a less hard surface. An example of a commercial

full-size summer ice rink is one recently put together in Fort McMurray, Alberta, which has the distinction of being the world's largest synthetic ice rink. It's also referred to as a 'green' rink because it doesn't require refrigeration or flooding with water. The Fort Mac rink was built as an incentive to the many tar sands camp workers for physical activity during off-hours to help keep morale high.

The Venetian Hotel in Las Vegas had a SmartRink temporarily built for an ice skating performance in the winter of 2012. While the product is made



to last, it can be used for event or festival purposes as well, and easily stored afterwards.

There are two grades to the residential product. The ProFast 8000 is the more popular of the two and what Jim chose for his own summer rink. It is slightly more expensive, but worth the investment, since it has 30 per cent more glide factor than the SmartSkate grade.

SmartRinks are meant to last. The product offers a three-year guarantee but under normal use can last up to 15 years. They are UV-protected, so the product doesn't break

down in the sun.

To maintain the resin panels, a garden hose and mop can be used to clean them. Jim disassembles his in the winter—in less than half an hour and with no tools—but the rink can withstand even our harsh Prairies winters and be left as is year-round. It can also be flipped over to use the other side of the panels to further prolong the life of the product.

There are other similar products available, which have been popular in Europe and elsewhere for years, but SmartRink excels in that it doesn't have white residue like other ➤

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synthetic rinks. It also features a trademarked unique icy-blue 700 material which greatly improves the overall glide and efficiency of this skating material.

For those wanting a summer rink for recreational purposes for their family, this may not be as crucial, but for those like Jim who coaches hockey, and whose son and daughter used to play competitive hockey and now follow in their father's footsteps as coaches, having

quality 'ice' to practice on year-round is a big advantage for those serious about the sport.

No longer do our skates need to be shoved in the garage awaiting the inevitable first flakes of winter before being dusted off. Now we can put on our t-shirts and lace up our skates to practice pivots, stick handling, or just spend time with our kids, even on a beautiful summer day. 

Aviva Zack



SMARTRINK SKILLS TRAINING EXAMPLES

Stick Handling Static

Place three cones in a triangle. If you don't have cones use extra pucks. Move a puck in and around the cones using the blade and toe of your stick. Do this in a controlled motion, focusing on rolling your wrists and maintaining control of the puck. Continue this drill, changing from clockwise to counter-clockwise.

To better your range and control, add two additional cones on either side slightly behind your body, to work on a side carry motion. As you improve your skill, increase your speed while maintaining control.

Stick Handling Skating

For larger SmartRink surfaces, strategically set up cones and carry a puck doing tight turns around

the cones. Continue to work the puck from side to side and around your body while skating. Maintain controlled movement of the puck and focus on rolling your wrists.

Flip Passes or Saucer Passes

Place a stick on the SmartRink surface in between you and a partner, and practice flipping the puck to your partner's stick. Ensure the puck rotates off your stick so that it lands flat onto your partner's stick. Practice both forehand and backhand flip passes.

Shooting

To really improve your shot, it is said you should shoot 100 pucks a day. With a SmartRink it is possible to lace up your skates year-round and shoot all day long. Set up the net and start shooting... don't forget to work on your backhand.



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succulent balsamics, *olive oils* & *fresh ideas*.

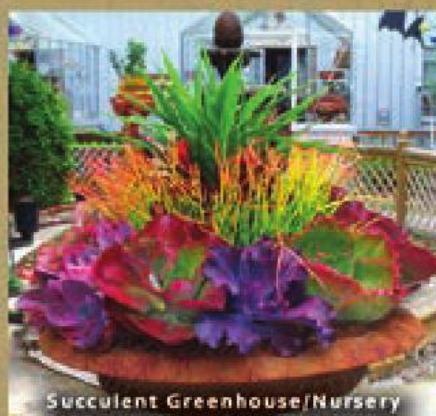
NEW CLASSES for Spring & Summer 2014

- Private & Public Living Wall Classes
- Private & Public Succulent Bowl Classes
- Private Succulent Bowl **Pizza** Parties

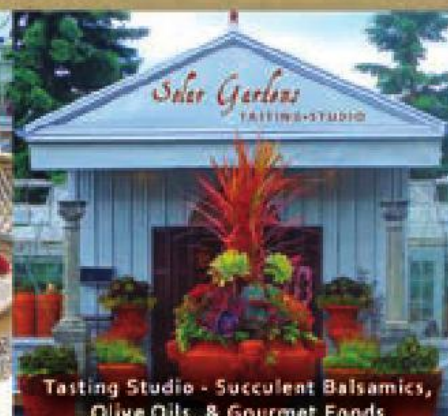
REGISTER ONLINE AT
solargardens.ca

VISIT Solar Gardens,
our **Tasting Studio**
& **The Firestick Cafe**
Saturdays & Sundays

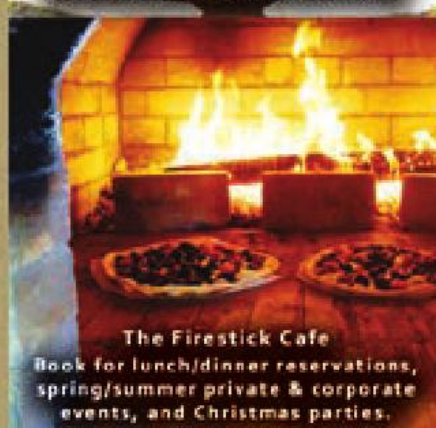
10am - 8pm, April through August
(reservations required for
the Firestick Cafe)



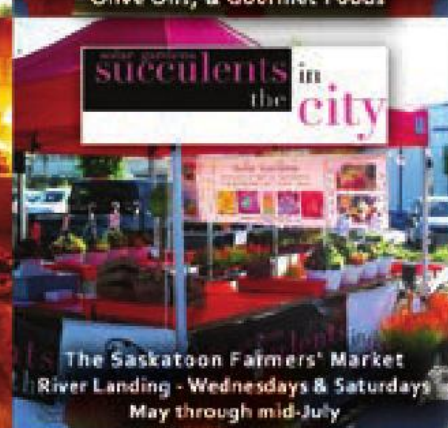
Succulent Greenhouse/Nursery



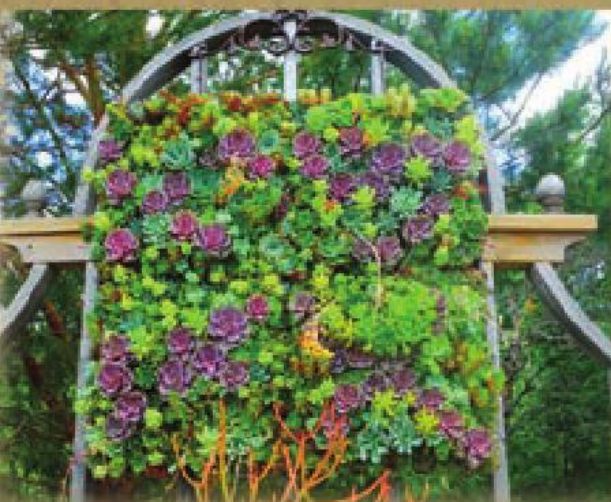
Tasting Studio - Succulent Balsamics,
Olive Oils, & Gourmet Foods



The Firestick Cafe
Book for lunch/dinner reservations,
spring/summer private & corporate
events, and Christmas parties.



The Saskatoon Farmers' Market
River Landing - Wednesdays & Saturdays
May through mid-July



For all the latest updates, menus, maps, special
event days, to make Firestick Cafe reservations,
and explore everything Solar Gardens,
check our website often.

solargardens.ca

And while you're there, be sure to sign up for our
fun and informative email newsletters.

We have friendly dogs. If dogs frighten you, or you have
small children, please visit us at the Saskatoon Farmers' Market.